

The Big Muscle Issue

MEN'S FITNESS

A black and white photograph of actor Liam Hemsworth. He is standing with his arms crossed, wearing a dark t-shirt and jeans. He has a short beard and is looking directly at the camera with a slight smile.

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68 A FORCE OF NATURE

Liam Hemsworth opens up about his dating life, his rapid-fire workouts, and life after *The Hunger Games*.

BY JASON ADAMS

74 Say Yes to Pasta

Thanks to these healthy, tasty, protein-packed, whole-grain pastas, you can now indulge—guilt-free!—in your favorite pesto, marinara, or Bolognese.

BY NILS BERNSTEIN

80 Camel Cool

Whether you're rocking fall's hippest color—camel—in a casual bomber or a sleek overcoat, here's how, with the right accessories, you can pull off the right look for any occasion.

BY JOHN MATHER

86 His Body, His Laboratory

Bulletproof Coffee inventor Dave Asprey—the world's most famous “biohacker”—is making a killing as a walking, talking, pill-popping, fat-gorging guinea pig. What can the rest of us learn from his risky ways?

BY REEVES WIEDEMAN

92 The Modern Man's Guide to Home Gyms

The biggest problem with your home gym? You never use it. But with these expert how-tos, awesome gear finds, and smart hacks, your sweaty Crunch days will be over.

BY BILL BRADLEY

101 Ask Men's Fitness

We could talk up this month's burger vs. chicken showdown and indoor-rock-climbing primer, but you'll still turn straight to the hot sex page, won't you?

ON THE COVER

Liam Hemsworth

Photograph:
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Grooming: Natalia Bruschi
using American Crew
Clothing: Nudie Jeans



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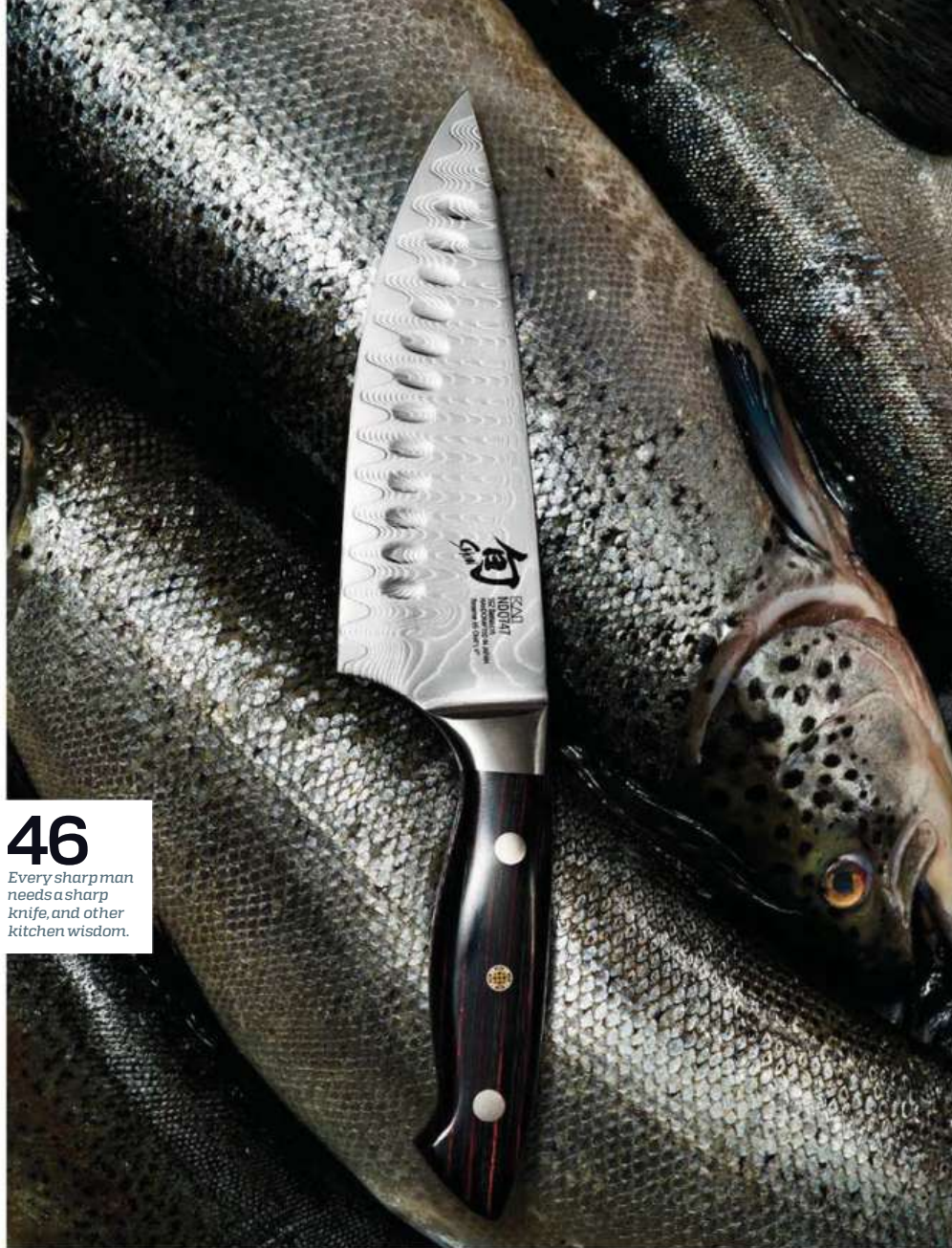
92

Meet the Water-Rower, the world's coolest erg.



46

Every sharp man needs a sharp knife, and other kitchen wisdom.



Game Changers

33 Rant

Chris Pratt is a dad, and he doesn't have a flabby "dad bod"—so why should you?

36 Training

With the right prep, your feet can help you lift bigger, run faster, and get injured less.

40 Mix It Up

The ultimate MF six-pack: a half-dozen naturally lower-cal "session" beers to quench your thirst.

42 Nutrition

Chili for athletes? Here's how to make it. Plus, tips for surviving those holiday feasts.

46 Gear

Kitchen tools that'll wean you off the microwave forever.

48 Relationships

As more matchmaking apps enter the fray, Tinder is no longer the only game in town.

50 Style

When they yell, "Action!" actor Billy Magnussen's more than ready.

52 Tech

Our definitive take on which fitness tracker to strap on your wrist, and why.

58 Hot Seat

Why sexy actress Katrina Bowden is so big in Times Square.

Breakthroughs

21 Top News

Some weighty advice on keeping weight off.

22 Fitness

Cycling sprints can help you run faster.

24 Nutrition

Paleo diet bomb-shell: Cavemen ate potatoes!

26 Health

Up your endurance by drinking beet juice.

28 Style

Trending: The moccasine. Also: Survey says: Seattle men are the best looking.

30 Success

In love and romance, you can't always trust your first impression.

26 Need more get-up-and-go? Get up and get some beet juice.



Regulars

12 Fitness on the Go

16 View from the Top

18 Adventure Calendar

127 Where to Buy

128 #Fitwit
A Gruden play and a Johansson plot, all in 140 characters or less.

Columns

60 Learn It!

How to make e-mail suck less.

64 Earn It!

Laid off? Hope you did all these things first.

66 Burn It!

De-Ikea-fy your home with these cool furniture finds.

The Body Book

108 Get Lean: The Soviet Miracle

Top secret no more: how to get cut in no time with a decades-old Soviet training system.

112 Hot off the Press

Waffle irons are good for making more than just breakfast. Here's how to use yours to whip up hearty, delicious square meals all day long.

118 The One Lift You Must Master

Work the deadlift into your workout to get bigger, stronger, and more athletic than ever—and stay that way for life.



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Get into Beast Mode

Build brute strength with two of the most intense workouts you've ever dared to try.

► mensfitness.com/beastmode

Soup Up Your Diet

Ten easy-to-make liquid meals to help you pile on muscle fast.

► mensfitness.com/soups

The Beard

How to grow it, clip it, trim it—and own it.

► mensfitness.com/beard



Gear and Tech to Go

25 Essentials (like the UE Mega-boom speaker, above) to elevate your bachelor pad or travel bag.

► mensfitness.com/upgrade

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LIAM HEMSWORTH

■ Behind the scenes with the *Mockingjay—Part 2* actor at our latest cover shoot.

BILLY MAGNUSSEN

■ Tom Hanks' *Bridge of Spies* co-star talks six-packs and style.

MUSCLE-MEAL HOW-TO'S

■ Learn to prep some of the strength-building dishes from this issue.

DEAD SERIOUS!

■ Get expert tips on the one move you must master: the deadlift.



Be cool. Hit up mensfitness.com for the latest in cutting-edge recovery tips.

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Speaker: Levi Brown

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Get Crackin'

Get wise

Muhammad Ali once said, “The man who views the world at 50 the same as he did at 20 has wasted 30 years of his life.” ¶ I’m not inclined to argue with the Greatest of All Time. In fact, when your 30th college reunion rolls around, I guarantee you’ll find that most of your buds from the old school are very much the same people they were the day you tossed your caps in the air—a little more paunch, a little less hair, but in most cases, not a whole lot of personal growth. ¶ The fact is, growing up and growing old don’t automatically entitle you to seniority or wisdom; you have to earn them by evolving your perspective—being open to new information, learning from your mistakes, and at all times actively looking at yourself and thinking, “How do I create a better me?” Most guys don’t do that. ¶ Then again, you’re not most guys.

And we’re not most magazines. *Men’s Fitness* has been learning, growing, and evolving with every issue since the first, more than 25 years ago. Sure, our editors have always known how to prescribe workouts that get results, but they’re not recommending the same routines today, because exercise science has advanced: We know how to get you ripped more quickly and with less effort than we did then.

The same goes for our style advice (we’ve burned a few unfortunate clothing stories from the 1990s), our money

tips, and, yes, even our perspective on love, sex, and relationships.

Another thing that’s changed: how we cover nutrition. They haven’t exactly invented any new food in the past 25 years (unless you count the Waffle Taco), but nutrition research is evolving more quickly than perhaps any other subject we cover.

For example, see that buffed-up guy on the cover? Liam Hemsworth, the star of *The Hunger Games: Mockingjay—Part 2*? He’s emerged as one of the fitness icons of his generation—yet his ripped physique isn’t built on the traditional diet-and-exercise regimen of red meat and cold iron. In fact, Hemsworth is now a vegan, eschewing all animal products (even eggs and honey). If you still view vegans as Birkenstock-clad yogis, it’s time to follow Ali’s advice and rethink your perspective.

Another guy who’s out to challenge the way we look at the world of nutrition is entrepreneur, businessman, and Bulletproof Coffee founder Dave Asprey, whose radical ideas on high-fat diets and self-monitoring may change the fitness landscape forever. A lot of people think he’s totally nuts. But Asprey would argue that’s only because they’re not open to new thinking. Decide for yourself when you read the story on page 86.

So, are you growing and evolving, or—as Ali cautioned against—are you wasting your life? Every once in a while, I like to look back on the person I was 10 years or more ago, and see if I still see things the way he did. I look for differences, try to spot ways in which I’ve grown. And if I can’t find them, then I know that that guy, circa 2015, needs to up his game. What assumptions should I be challenging? What views am I holding that no longer hold water? What could I possibly learn today—and will I be open to it when it comes along?

Those are the questions every issue of *Men’s Fitness* is built to answer. And in another 30 years, you’ll be the envy of the reunion.

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ALL THE THINGS TO DO THIS MONTH IN THE GREAT OUTDOORS



NOV. 14 AND 15

Cross Crusade

PORTLAND, OR

This is one of the wildest, muddiest race series in cyclocross. And, with its take-all-comers (including unicyclists!) attitude and partylike vibe, it's also the most welcoming. These back-to-back weekend races at Portland's International Raceway are your best chance to see what roadies and mountain bikers are missing. crosscrusade.com



EARLY NOVEMBER

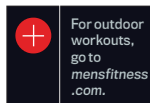
Peak Foliage in Canyon Country

ZION N.P., UT
Long after the East Coast and Rockies have flamed out, the aspens and willows of southern Utah's canyon country still burn a brilliant gold. Set against Zion's red rocks, they transform the park into an unbelievable Seussian landscape. Hit its famed trails—like Angels Landing and the Narrows—now, while days are cool, rain is minimal, and crowds are thin. nps.gov/zion

NOV. 5-7

La Ruta de Los Conquistadores

COSTA RICA
Billed as the "toughest mountain bike race on the planet," this three-day stage race—including the option of rafting in the Pacuare River—is a ready-made, gorgeous adventure. A premium entry fee covers all you need, including meals, transportation, and the critical support of the Red Cross as you tackle the gnarly 161-mile coast-to-coast route. adventurerace.com



NOV. 7

Canyon City Marathon

AZUSA, CA
With a net elevation loss of nearly 5,200 feet on race-track-smooth blacktop, it's no wonder this L.A. County marathon is one of the nation's top Boston qualifiers. Even better, the course hugs the beautiful San Gabriel River as it winds through the cool forested canyons of Angeles National Forest. How fast can you say "personal record"? runrevel.com/rc

MID- TO LATE NOVEMBER

Ski the Rockies

COLORADO
While much of the U.S. is still dealing with freezing rain and mud-choked trails, Colorado's high country is already getting the fluffy stuff. Make use of the shoulder season by laying first tracks in Summit County, where the early openers—Arapahoe Basin, Breckenridge, Copper Mountain, Loveland, and Keystone—are ready (or soon will be) to rip. coloradoski.com

ALL MONTH

Surf a Storm!

COCOA BEACH, FL
November, which marks the only overlap between Florida's unpredictable hurricane surges and steady winter swells, is the best month to stalk the surf in Kelly Slater's backyard playground. On these mellow breaks, you'll max your chances for a perfect day of 10-foot waves, if not for surfing glory. For another challenge, head just south to the inlet. cocoaabeach.com

Photo courtesy of Cross Crusade/Matthew LaSala



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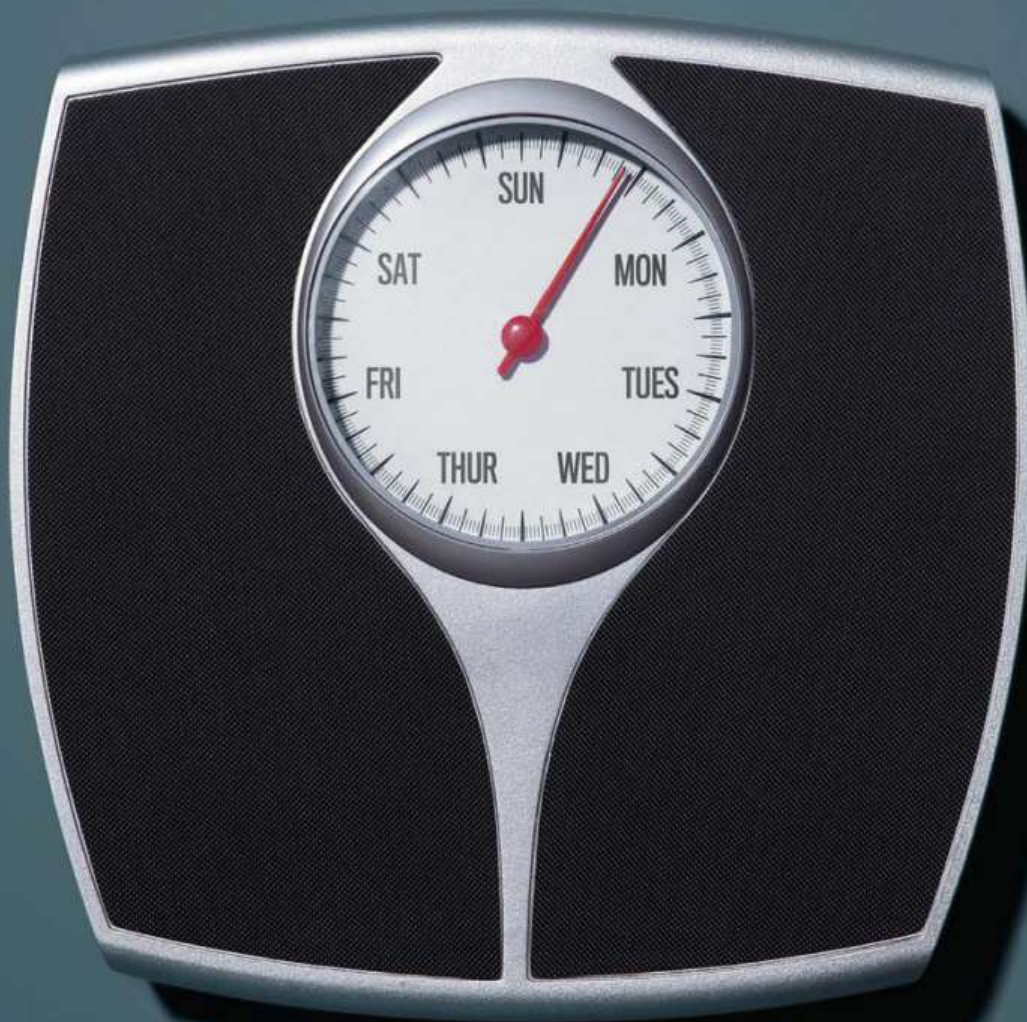
** "Cut your bill in half" and "Save up to half the cost" are based on a service comparison of the two largest contract carriers' monthly online prices for comparable individual post-paid contract service plans, including overage charges, and Straight Talk's \$45 service plan. Excludes the cost of the phone and limited time promotions. Source: Contract carriers' websites, July 2015.

† To get 4G LTE speed, you must have a 4G LTE capable device and 4G LTE SIM. Actual availability, coverage and speed may vary. LTE is a trademark of ETSI.

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Breakthroughs



Weigh yourself daily and win the losing battle



It's a scary statistic: About 40% of people who lose weight gain it all back within a year. But Cornell U. has hit on a jaw-droppingly simple way to keep that flab from doubling back: Weigh yourself each day and keep track of the results. ¶ In its two-year study, 162 subjects who wanted to lose weight were given a target of dropping 10% of their starting body weight, then split into two groups: one that got on the scale daily and recorded their poundage on a graph, and one that didn't. ¶ At the

end of the first year, both groups had lost close to the same weight, about 5%. But the big shock came in the second year: Only the scale group kept the pounds off—a feat almost unheard of in weight-loss programs. ¶ Daily weighing “counteracts the food cues in our environment,” says study VIP Carly Pacanowski, Ph.D. Sure, it's a pain in the ass (less so if you buy a Withings scale, which Wi-Fi's the results to your smartphone). But wouldn't you rather face the truth when you're standing on a scale than when you're trying to zip up the pants you're supposed to wear to the wedding?—ADAM BIBLE

Fitness

Breakthroughs

HIIT the Sweet Spot with "10-20-30" Intervals

■ If you loved the burn of high-intensity interval training (HIIT) but dropped it because it started to feel like exercising in a torture chamber, listen up: A new U. of Copenhagen training plan lets you get the most out of HIIT—without killing your motivation.

For eight weeks, 28 of 132 runners tried the (confusingly named) "10-20-30" protocol, which has three steps: running, cycling, or rowing at an easy pace for 30 seconds; at a moderate pace for

20 seconds; then all-out for 10 seconds. Subjects did this five times with no rest, took a two-minute break, then repeated it five more times, for 12 minutes total.

After two months, not only were nearly all subjects still in the program—there was almost no fall-off—they'd also cut about 38 seconds off their 5K times. The control group? Nada.

"The fact that you work really hard for only 10 seconds makes it very easy to do," says U.C.'s Lasse Gliemann, Ph.D. "You don't need a huge amount of willpower to finish a 10-second sprint."

Now, This Study Has Legs

■ The apparent bro-nomenon of superjacked dudes with tiny little chicken legs is real. According to data that Skulpt, the maker of the Aim fitness tracker, gathered on 600 of its users, we as a nation are avoiding leg day. Glutes and calves ranked our weakest muscles; upper backs and arms were strongest. Shut up and squat!

Drowsy and Down All Day? Do Cardio

■ Chronic day-time sleepiness can start an ever-worsening loop of inflammation and depression. But 150 minutes a week of aerobic exercise—running, biking, naked kickboxing—can stop the cycle and lessen depression, reports a National Institutes of Health study.

Skip the Ice, Ice, Baby

■ We've seen the images: exhausted athletes hunkering down in ice-filled vats to soothe their aching muscles. But taking an icy dip after strength training may actually *weaken* muscles, reports a new study in the *Journal of Physiology*.

"Cold-water immersion greatly reduced long-term gains in muscle mass and strength," said study VIP Llion Roberts, Ph.D., because for up to two days afterward, it "blunted" the activity of the satellite cells and pathways that help the body build muscle.

However, a frigid dip after endurance exercise is fine, says Roberts, since previous studies have shown it to have "positive effects" on muscles.



To run faster, give your bike a few spins

J Just 15 minutes of high-intensity work on a spin bike can give runners a marked lift in performance, says a new study in the *Journal of Strength and Conditioning Research*. ¶ Every day for two

weeks, 32 long-distance runners performed six 10-second intervals of intense sprints on stationary bikes, with 30 seconds, 80 seconds, or two minutes of rest between them. The 30-second resters became 3% percent faster on a baseline treadmill test—and that's in only 14 days. ¶ Researchers think the short rest periods between sprints made each interval tougher and forced riders' muscles to adapt faster, leading to faster gains in less time. "By doing cycling HIIT and taking themselves out of that comfort zone, runners can become faster," study head Mykolas Kavaliuskas says. "Or they can do uphill sprints on a 10% grade using the same protocol." ¶ Cycling sprints could also be a low-impact way for runners to avoid overuse injuries, he suggests. ¶ For three great HIIT cycling workouts, see page 96. —ADAM BIBLE



For more quick fitness fixes, go to mensfitness.com.

GET TO KNOW

THE UNKNOWN



Blast from the past: cavemen ate potatoes

T The Paleo diet—eating the way our prehistoric ancestors supposedly did by sticking to meat, nuts, vegetables, and berries and avoiding dairy and starchy carbs like potatoes, grains, and beans—seems to be getting a comeuppance, according to a new study in the *Quarterly Review of Biology*. ¶ The researchers' hypothesis: Because the human brain uses up about 25% of the body's entire daily energy budget—and more than half of that comes from glucose, or sugar—meat and berries alone could never have met that need. So the fact that today our brains are smart enough to even debate the issue means that Fred Flintstone and gang must have been eating some type of high-starch food about 800,000 years ago. ¶ Add to that the fact that prehistoric forms of starches similar to potatoes and jicama would definitely have been available back then, and that cooking—which makes starches more digestible—started up around this time, and the issue's kind of a gimme, says study head Karen Hardy, Ph.D. ¶ For the biggest bang for your new Paleo buck, slam a phytonutrient-rich sweet potato—not a regular spud—down next to that slab of salmon or sirloin. Oh, and don't forget to go heavy on the veggies.

for the better.

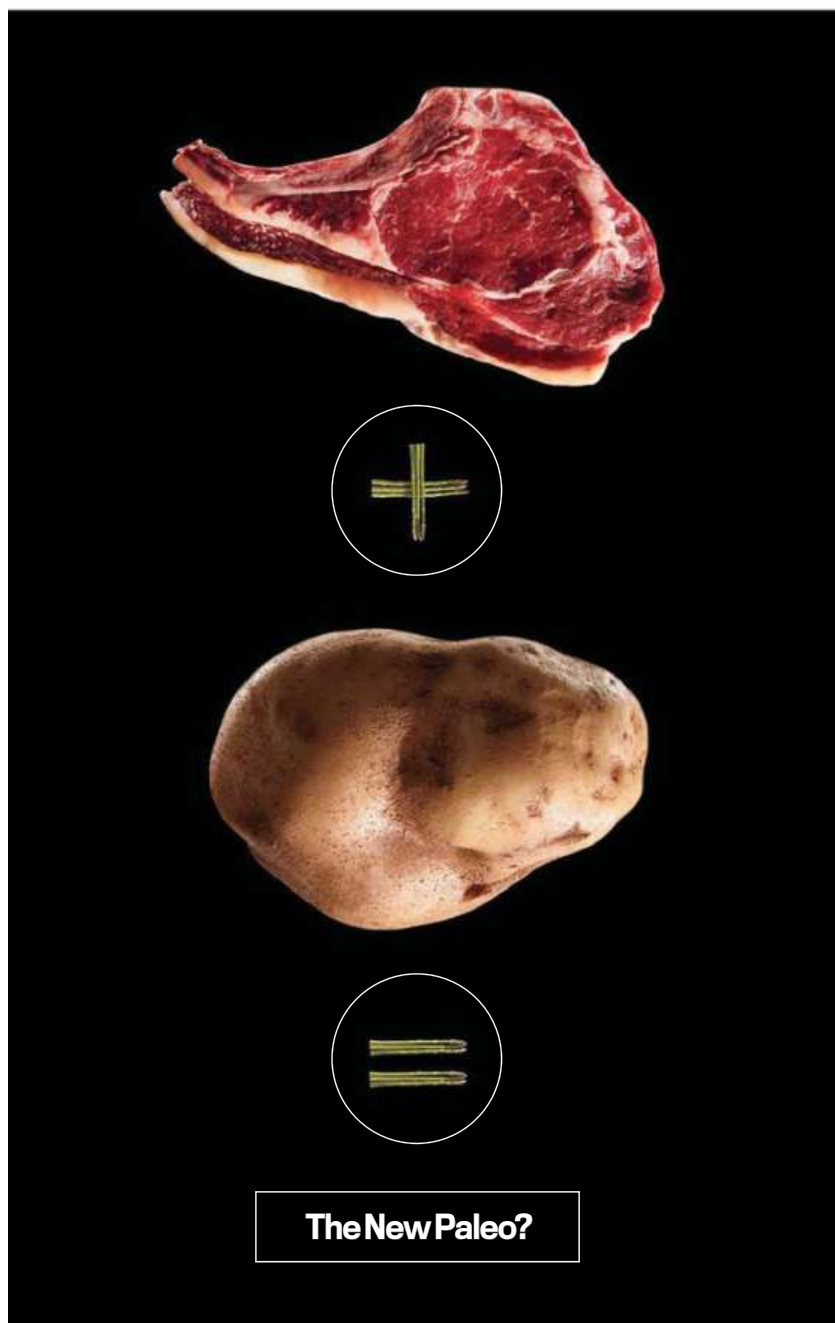
A new U.C. Riverside study on mice has found that soybean oil—which ends up containing the truly villainous trans fat when it's partially hydrogenated for use in processed foods—causes 25% more weight gain, larger fat deposits, and fattier livers than coconut oil, a saturated fat whose popularity has

been skyrocketing because it contains fewer calories and may even lower cholesterol.

"Soybean oil in our diet," says study head Poonamjot Deol, Ph.D., "has increased 1,000-fold in a few decades"—just as obesity rates have soared. Coincidence? Not a chance.

So if the label lists partially hydrogenated oil, hands off!

Food styling by Nicole Heffron/Barnstein & Andrulli



Hi, I'd like to order a cheese pizza with a heaping side of blubber...

■ Getting food delivered sure is convenient—but it's also a surefire way to gain weight.

According to a study in the journal *Management Science*, if you place an

order on the phone or online and have it delivered, you're likely to buy about 100 calories more food than if you order it in person.

It's the anonymity of not having to face a (potentially judgmental) server that frees customers up to pile on the extra food, researchers concluded.

"Alone in your home, you don't face the same judgment about food choices you would when you're out," says study head Ryan McDevitt, Ph.D. But if you must call it in, he says, "avoid overindulging by placing the order around family members."

+ For more great nutrition tips, go to mensfitness.com.

Soy Malo!

■ Decades ago, processed-food makers began switching from "evil" saturated fats (like those in butter and cheese) to plant products like soybean oil, which is mostly polyunsaturated.

Cut to today, and soybean oil makes up 60% of all U.S. oil consumption.

The change wasn't

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Squeeze the most out of your workouts by juicing up with beets.

Beet juice helps you beat exhaustion



Just 15 days of drinking 2½ ounces of beet juice

every day can lower your blood pressure and increase blood flow when you exercise—

meaning, your heart doesn't have to work as hard, so you can exercise longer without feeling tired, a recent U.C. Davis study discovered. ¶ Beet juice has long been known as an excellent source of nitrate, which can help relax blood vessels during rigorous exercise. "We also found that beet juice enhanced the function of the [inner lining of blood vessels] in skeletal muscle," says study author Charlie Stebbins, Ph.D., "which increased blood flow and delivery of oxygen to contracting skeletal muscle." ¶ If you aren't into juicing the beets yourself, you can also buy Beet It beet juice or shots, or take one of the many supps on the market, like BeetElite, which is six times as potent as regular beet juice and can be mixed with water or added to a non-citrus smoothie (it's now available in a black cherry flavor, too).

Going Under the Scalpel? Don't Stop the Music!

■ Being exposed to any type of music before, during, or right after surgery can reduce a patient's pain, pain-med use, and anxiety, according to a data analysis on 7,000-plus patients reported in *The Lancet*. But the same doesn't go for the surgical team: If they rock out too hard, it can hinder communication and raise tension in the OR, which makes for more health risks for you, says a *National Journal of Nurses* study. Worst offender: beat-heavy drums and bass. Maybe request a little Mozart the next time you go under the knife?

London Bridge Didn't Fall Down, It Died of Heart Failure

■ A study conducted in downtown London found that living where traffic noise reaches 60 decibels (not really that high, but the World Health Organization considers 55 db a health threshold) makes you more likely to have heart problems and ups your risk of death from all causes, reports the *European Heart Journal*. Researchers think the din raises blood pressure and stress.

Vaping: Almost 100% Better than Smoking

■ On the controversial subject of which is better, tobacco cigarettes or e-cigs, one major health org has made up its mind.

After studying all the evidence available, government org Public Health England (PHE) has declared that e-cigarettes are 95% less harmful than tobacco cigs, and—with support—can help smokers quit tobacco entirely.

The statement did stir up some controversy: Soon after it came out, *The Lancet* medical journal issued a "hang on there a second..." warning that more

hard evidence was needed. But PHE stood firm, noting that, though e-cigs aren't 100% safe (and what is?), they are free of most chemicals linked to smoking-related diseases, and the chemicals they *do* have pose limited danger.

But maybe you're still looking for a good reason to quit? If so, *BMJ Open* just reported that smokers have much more belly fat than non-smokers—a bad sign, as a ballooning waist can mean an ambulance ride just waiting to happen.

The Grim Reaper collects cigarette butts—and the idiots who smoked them—so think about ditching them now.

Money Found on Pharmacy Floor!

■ The simple prescription for the high cost of prescriptions? Discount prescription cards, which offer big savings on all FDA-approved brand-name and generic scripts through a user's

health provider.

But here's the shocker: A survey by FamilyWise, a community health partnership, found that even though the cards saved shoppers \$175 million last year—the average savings is 39%, or about \$17/script—half of all pill buyers hadn't even heard of them.

Don't be like them. Get a card by going to drugs.com, easydrugcard.com, or familywise.com. Or you could go get your head examined—and pay full price for the meds.

Drug bust.
It's a crime the cash we waste on meds.



Drink styling by Nicole Heffron/Barnstein & Andrulli; Pill image: Claire Benoit/thelicenseproject.com

SUGAR RAY

Signature

SKECHERS
SPORT
WITH MEMORY FOAM



A gym band that says, "Sorry, baby"

■ Working out wearing a hard, uncomfortable, potentially skin-pinching metal ring is just asking for trouble. But you know what else is asking for trouble? Leaving your wedding band in your locker and sauntering out into the gym looking like a very sexy—very single—guy.

Enter the Qalo ring, an unscratchable, unpinchable, medical-grade silicone ring that lets

you—and, you'll be happy to know, your lady—broadcast, "Back off, I'm taken!" to any sweaty pickup artists loitering near the weight racks.

Men's rings are \$20, women's, \$16; there are also "thin line" rings for police, firefighters, and EMS. qalo.com



Knockknock. Who's there? Underwear.

■ The days of blown-out waistbands, holey heels, and saggy butts are over.

To revolutionize and simplify the way we select and restock

our skivvies, online company Mack Weldon now offers subscription purchasing of high-quality, formfitting underwear like boxers, briefs, and socks, all made at the world's finest textile mills and factories. That means your most sensitive parts will enjoy the comfort of features like higher thread counts and strong stitching—and your girlfriend will enjoy not having to watch you prance around in ratty, discolored drawers.

Bonus: The company's known for such understated yet eye-catching designs it's been dubbed "the iPhone of underwear."

Boxers/briefs will run you \$19.50 to \$24, undershirts \$32, and socks \$12.50—stellar prices for unmentionables that are actually worth mentioning. mackweldon.com

Seattle Mans Up

■ Unless you live in Seattle, get ready for a bit of ego deflation.

A new poll by grooming-product purveyor Grooming Lounge (groominglounge.com) rated Seattle men the handsomest in the whole U.S. of A. Filling out the top 5 were the guys of San Francisco, D.C., Boston, and Denver, which barely edged out New York City.

L.A., Chicago, and Miami didn't even crack the top 10.

"How the hell did that happen?" citizens of the snubbed cities might ask. Grooming Lounge based its rankings on variables like men's fitness levels (where Seattle = "duh"), but also spending on clothing and grooming products.

So get going for '16, L.A.—the spray tan alone should put you out ahead.

They won't hear you coming in these cool quasi-mocs, but they'll sure remember you were there.

TRENDING: THE MOCCA-SHOE

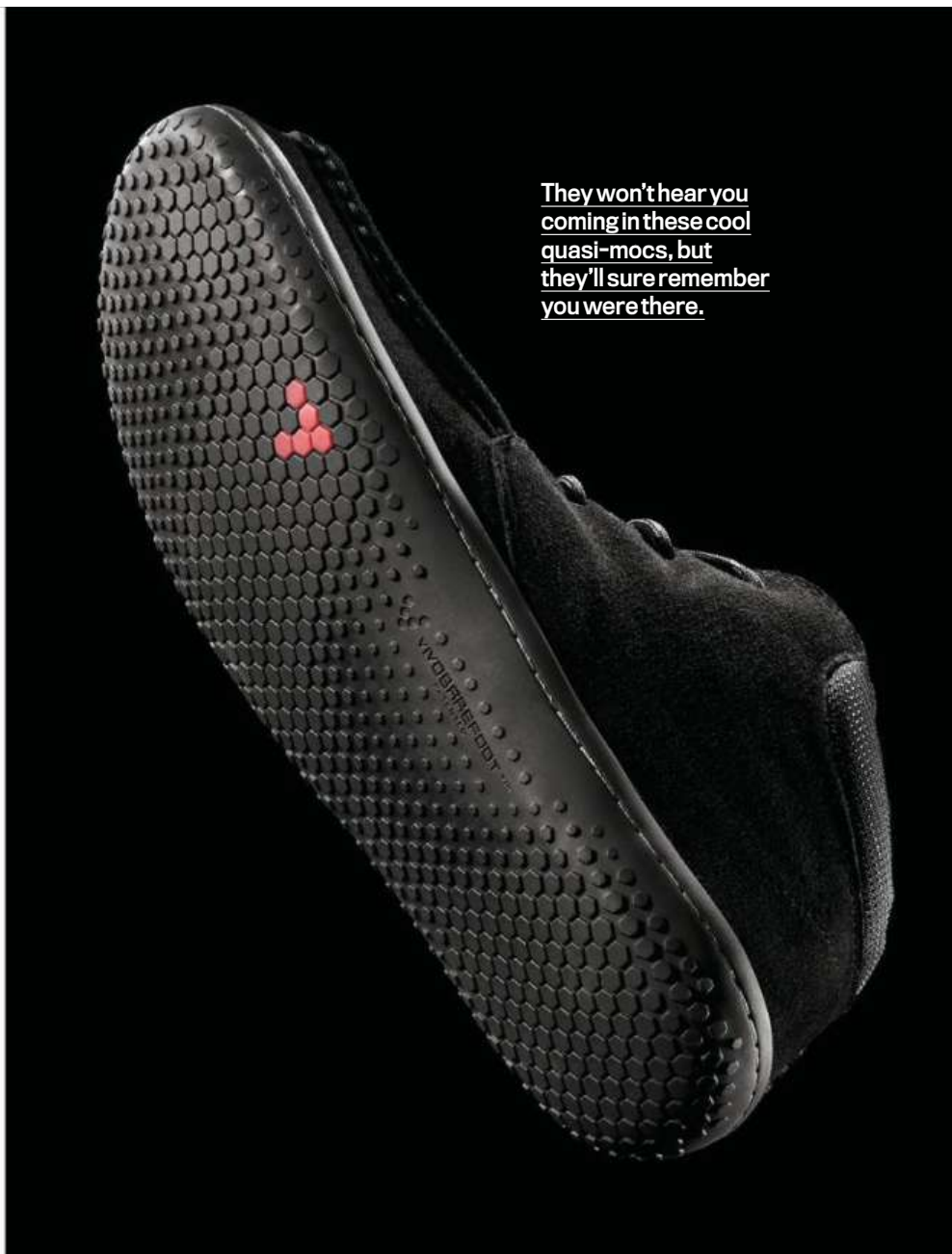


It's not often that men's footwear manages to strike just the right balance between "Hey, let's hang out" and "Hey, take me seriously." So when we got a load of the new

Vivobarefoot Drake, with its moccasin-esque styling, black-suede sophistication, and easy-to-wear barefoot-trainer comfort, we were, to put it mildly, pleased.

¶ Not all that surprised, though: For the past decade, Vivobarefoot has crafted superflexible, minimalist shoes with no-puncture soles, zero drop (read: no heel elevation), and anatomically correct widths that most guys can wear most anywhere. ¶ The Drake works particularly well with both dressed-up and dressed-down jeans or chinos and won't feel out of place whether you're traipsing through the woods on a fall weekend or finishing off a jeans-blazer look the day you ask the boss for a raise. \$150, vivobarefoot.com —ANDREW STONE

Styling by Nicole Heffron/Barnstein & Andrulli



sip

focus

take two



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drinksmartwater.com

up
up
up



Where's that damn job?!

■ Waiting to hear about a position you're up for? Well, pitch a tent: The hiring process now takes an average of 23 days, up from 12 days in '09, Glassdoor Economic Research reports.

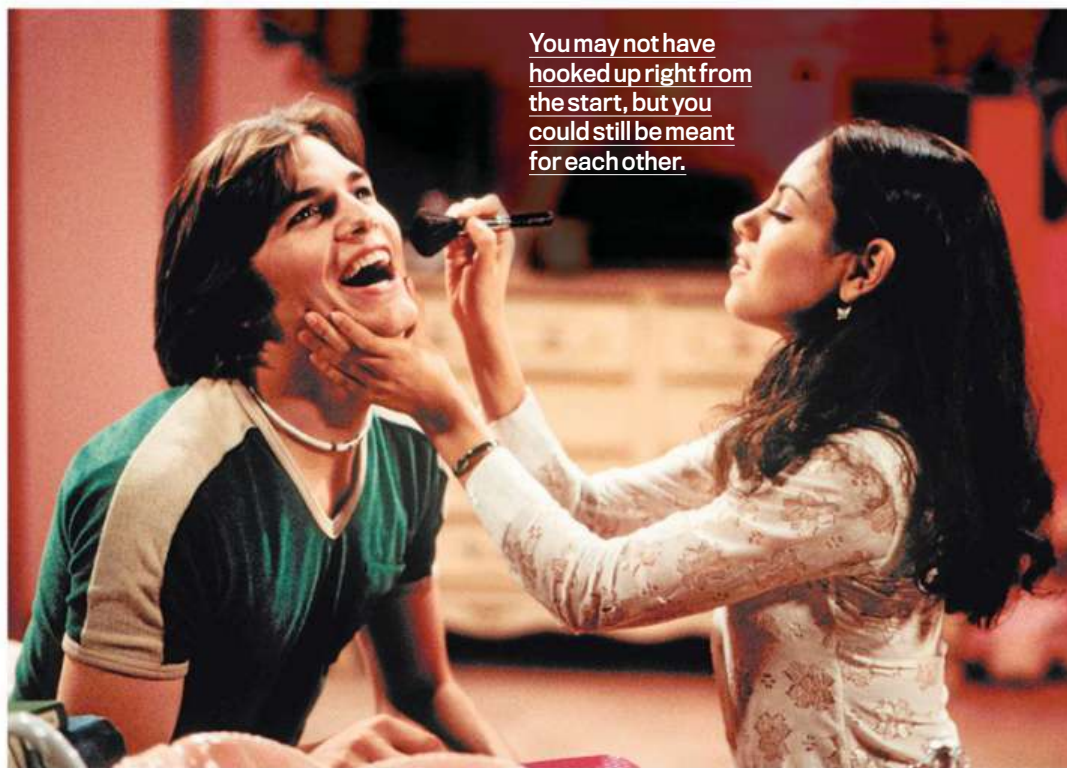
Times are usually shorter at firms with fewer than 10 employees and longer at larger companies, whose hiring procedures are often more unwieldy. They're also longer for skilled workers, like database administrators (25.5 days) than for unskilled, like bartenders (5.7).

Likely cause: The increasing use of time-consuming screening methods, like background checks and skill/drug/personality tests, which can make for better job matching but are a real drag for applicants.

To speed up the process, tackle the issue up front, says Glassdoor's Andrew Chamberlain, Ph.D.: "Ask the hiring manager what he or she needs from you and when. That will help prevent delays."

Her selfie-mania may seem cute now...

■ ...but it could be a drag long-term. A UCLA/UGA study gave 146 newlywed couples the Narcissistic Personality Inventory, then tracked them for four years and found that when wives were more narcissistic, both partners ended up unhappy. The same didn't apply to narcissistic husbands. Guess wives know we're self-absorbed assholes and just deal with it.



You may not have hooked up right from the start, but you could still be meant for each other.

Clean up in the Romance Dept.

■ Ever told a girl, "Well, good night..." instead of "Come up for some wine?" because you knew your apartment would horrify her?

Join the crowd. 61% of us have felt so ashamed of our homes we've lied to keep visitors out, says a poll by Sugru moldable glue.

And that's not all: A dirty home can also cause insomnia

and depression, St. Lawrence U. found.

So snap out of it: Hire a cleaning person (what, your sex life isn't worth \$75 every two weeks?), or find a copy of the best-ever cleaning manual, the classic *How to Satisfy Your Woman Everytime: The Straight Guy's Guide to Housework*.

You can please her on every surface in every room of the house—you just have to clean them first.

Give that "attraction thing" a little bit longer

T That little voice that tells you if a girl's right for you within 10 seconds of meeting her? You may want to buy it a muzzle. ¶ According to a new study, sexual and romantic chemistry can develop long after people meet—even if they didn't initially have the hots for each other. Researchers at the U. of Texas at Austin, hoping to learn why most people choose partners of similar attractiveness (meaning, on a scale of 1-10, most 9's end up with 9's, most 4's with 4's), taped 167 married or dating couples interacting, then rated them on attractiveness. Their surprise discovery: Couples rated farthest apart in attractiveness (say, a 9 girl with a 4 guy) had known each other for much longer than couples rated very similar in attractiveness. Why? *Their attraction had grown over time.* Best of all, there was no difference in the quality of relationships for either type of couple. ¶ "When you know someone awhile, you have more—and more diverse—information to evaluate him or her by, so your initial impressions may evolve," says study co-author Lucy L. Hunt. ¶ With an open mind, a little bit of time, and maybe a couple of beers, they could probably evolve even more. —JAMES ROSENTHAL

...and in related cleaning news



■ For guys who hate girly cleaning products, there's the new Hero Clean line, the first laundry detergent, dish soap, all-purpose spray, and odor eliminator with a manly scent and bottles all "built for men."

"The dish soap is all natural, too," says founder Mike Eaton. "We may have forced my nephew to use it as a shower gel, but I can't confirm."

Courtesy of Fox; Detergent: Nick Ferrari; Prop styling by Rachel Stickley/Bernstein & Andrulli



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Places

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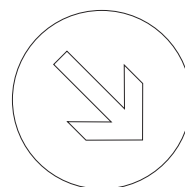
Father of two.

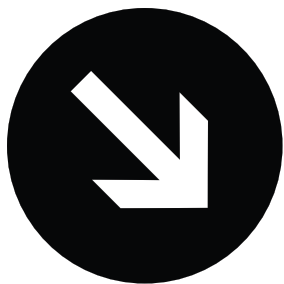
Once weighing as much as 295 pounds, *Jurassic World*'s Chris Pratt has found himself the poster boy for both fit guys and doughy "dad bods."

This should be the real "dad bod"

Why you should completely ignore the recent outpouring of support for flabbier physiques

By Michelle Ruiz
Photograph by Peter Yang





his-Dillon-Panthers-polo good—but when Dan took his shirt off during a visit to my family home on Long Island, NY, that summer, his pecs and budding six-pack were suddenly venturing into Ryan Gosling territory. “Meet me in my childhood twin bed in five,” I whispered to him.

Ten years of on-and-off dating, three apartment moves, five jobs, seven overpriced gym memberships, countless fights, and one 18-month-old baby later, and Dan is still working as hard as he can to stay in Gosling shape. And though I’m forever appreciative of his Southern gentlemanliness and his willingness to change a diaper, I’m also hugely grateful that he hasn’t let himself go. In other words: Every day I’m thrilled he doesn’t have a “dad bod.”

In the event that you lost your Internet connection for much of 2015, allow me to get you up to speed. The “dad bod” was introduced to the world in an online essay written by Clemson University student Mackenzie Pearson, who defined it as an average-to-doughy physique, often with subtle man boobs. (Think: protruding man handles on early-career Seth Rogen or the bulbous, pasty midsection on Jason Segel in basically every movie in his oeuvre.)

“A dad bod says, ‘I go to the gym occasionally, but I also drink heavily on the weekends and enjoy eating eight slices of pizza at a time,’” Pearson wrote. She explained that the main reason girls are down for dad bods is that they’re warm, cuddly, and unthreatening. “Few things are worse than taking a picture in a bathing suit,” the essay explained, “one being taking a picture in a bathing suit with a guy who is

THE SUMMER AFTER I MET and fell butt-crazy in love with my now-husband, Dan, during our freshman year of college, he started lifting (and apparently downing protein shakes, though he didn’t admit it at the time). His body had always been pretty good—like, say, Kyle-Chandler-in-

crazy fit. We don’t want a guy that makes us feel insecure about our body.”

After the article went viral, the burgeoning dad bod movement seemed to get its biggest endorsement of all when the currently in-shape Chris Pratt admitted to a

reporter that his wife, Anna Faris, actually prefers the fatter version of him—the big guy from *Parks and Rec*—because he’s “more fun.”

OK, first off: I hear her. Of course guys can take things too far—and I wouldn’t advise every dude out there to start taking HGH. And if your guy is getting paid to stay ultra-ripped to battle dinosaurs, I can see how you’d miss that late-night pizza every so often. But a guy who sits under a pile of Seamless delivery tacos on his couch in order to keep his dad bod bulky—or consistently “skips the gym for a few brews,” as dad bod advocates advise—gets old fast.

And as for this “flabby fellas are hotter” argument: It’s pretty damn sexist—after all, guys love “MILFs” for their youthful, well-maintained bodies, not because they’ve

grown beer bellies. But also, the idea that women are more attracted to less-flattering physiques because it makes them feel better about their own bodies is, I may confidently add, bogus. Trust me: Most women don’t view relationships as bodybuilding competitions.



CASE IN POINT: I like to stay in shape. I enjoy a good SoulCycle. I keep my cheese-

burger consumption fairly low. But I’m no gym rat, either. And when Dan showed up that summer with insane muscle definition, I wasn’t jealous. On the contrary: Staring at his six-pack was mesmerizing, like tuning into the human-flesh equivalent of the Shiba Inu Puppy Cam. (Ask your girlfriend.) Plus, he’d set a goal to get fit and actually done it, and women appreciate that sort of determination.

I’m not alone here, guys. The scientific truth is that fit dudes are sexy. Not only are we biologically wired to find muscles attractive—they signal healthiness, good genes, and a strong immune system, all good things in the caveman era, according to research from the UCLA Center for Behavior, Evolution, and Culture—but also working out boosts testosterone, which, if you haven’t heard, is a major hormone for attracting the ladies. And a study earlier this year by the Cedars-Sinai Medical Center in Los Angeles, published in the *Journal of Sexual Medicine*, found that fitter guys have better and more frequent erections and an improved ability to have orgasms.

So let me translate that for you: If your muscles are flaccid, so is your love muscle. And you’d best believe that a guy who doesn’t lose steam after a few reps—both at the gym and in bed—is going to win out over a comfy snuggle pillow any day of the week.



Letting it all hang out.

As Seth Rogen and Leonardo DiCaprio (bottom row) demonstrate, you don’t have to be a dad to have a “dad bod” like fathers Ben Affleck and Will Ferrell (top row).

Clockwise from top right: FameFly.net Inc.; Starsurf/Splash News; CIAO/AM-GSI; Cousart/JF Images/WENN.com

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Stronger from the ground up

Train your feet—yes, your feet—to help you lift bigger, run faster, and suffer fewer injuries

By Mark Cheng, Ph.D.

Photographs by James Michelfelder

Y

You already work out your arms, legs, chest, etc.—but there's a body part you've almost certainly missed in your training, and it's one of the most important of all: your feet. In almost any activity you do, your feet are your foundation. They provide the balance and support for nearly all movement, so any lack of mobility and strength in your feet can compromise your ability to run, jump, lift, and even walk efficiently and pain-free. Start treating your feet like all your other muscle groups and build a bedrock of strength, agility, and performance.

Banded squat.

Pin the ends of the band under the balls of your feet and spread your knees apart as you squat.

Shirt: RHONE
Shorts: LULULEMON
Band: GRAY
COOK EXERCISE
BAND
Want it?
See page 127.



Grooming by Matthew Tiozzoli/Artists by Timothy Priano using Oribe Hair Care



**THAT JUST
BRUSHED
CLEAN
FEELING**

when the spicy take-out
is putting the brakes
on the make-out.



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Outward roll. Start with feet flat on the floor, then roll one foot slowly onto its outside edge (right), trying to move the ball of the foot past the pinkie. Pause, then roll back. Do one set of five reps per foot.

Know your “foot complex”

Approximately one-quarter of the bones in the body are in the feet. That means 33 joints per foot need to remain mobile for your body to move optimally.

For example, “the big toe plays a vital role in the body’s forward propulsion,” says Perry Nickelston, D.C., owner of *stop chasing pain.com*. “It needs to extend to 65 degrees”—most people he’s examined are at only about 45 degrees, he says—“or you can’t propel your body with optimal hip extension, thoracic rotation, and glute max activation. Other muscles and joints must work harder to compensate, and the result is often fatigue, poor performance, pain, and injury.”

The ankle is included in the foot complex as well. A study in the *American Journal of Sports Medicine* found that restricted ankle mobility predisposed subjects to overuse injuries.

Finally, if you have flat feet, foot training is a must. Fallen arches cause the foot to roll inward toward the midline of the body, knocking joints out of alignment and setting you up for knee and hip pain.

Three ways to get footloose

If you’ve ever rolled your ankle, you know it doesn’t take much to injure your wheels. Thankfully, it doesn’t take much to strengthen them up, either. You just need these moves.

Outward roll

WHAT IT DOES: Stretches the muscles on the bottom of the foot.

HOW TO DO IT: Stand with feet staggered, slightly less than the length of your regular step. Keeping the heel of your front foot off the floor and both knees straight, gently roll your front foot outward onto the pinkie-toe side of your foot. Try to get the ball of your foot past your pinkie toe. It will feel like the

Immobile toes, tight ankles, and flat feet can set you up for poor performance and injury.

kind of movement that could sprain your ankle—but it’s safe when done with control. Pause at the end range of motion for a moment so you feel a stretch in the foot, then roll it back so it’s flat on the floor again. Do one set of five slow reps on each foot.

Heel circle

WHAT IT DOES: Mobilizes the ankle and the joints in the toes.

HOW TO DO IT: Use the same stance as above, then roll your rear foot up onto your toes so they are folded under the foot and pointing behind you. Begin making big circles with your heel so that you roll and stretch your toes in different directions. Do one set of five slow reps in both directions.

Mark Cheng is a faculty member of Functional Movement Systems and owns a sports medicine practice in Santa Monica, CA. drmarkcheng.com

Banded squat

WHAT IT DOES: Strengthens the arch of the foot.

HOW TO DO IT:

1. Stand with feet outside shoulder width and parallel to each other. Slide the end of an exercise band (we like the Gray Cook Exercise Band, at performbetter.com, shown on previous page) under the ball of one foot, then wrap it around the front of your opposite leg, above the knee.

2. Stretch the band around the other leg and back down under the ball of the opposite foot. The band should now form an X.

3. Push your knees apart, and squat as low as you can. Move slowly, and keep your weight on your heels and the balls of your feet. Do three to five reps, or as many as you can until the band slips out from one foot. Repeat throughout the day.

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The irresistibly creamy taste of Silk® Cashewmilk is now available in chocolate and vanilla. Life just got a little sweeter. Taste for yourself.

Silk
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● Tastes great, less falling

You could spend all night partying with these lower-alcohol "session" brews and still be sane, sober, and on your feet
By Brian Good Photograph by Levi Brown



Drink styling by Angela Campos/Stockland Marrel

Light beers are like certain hot chicks you meet at bars—fun at first but ultimately shallow and unfulfilling. Dark, heavy beers are more like everybody's favorite party guy in college—packed with personality but easy to get your fill of, fast. But "session" beers, with their moderate alcohol but still satisfying flavor, are like your longtime best buddy or the girl you end up marrying: the happy middle ground. ¶ Sessions are typically a little higher calorie than light beers—160 to 200 calories per serving—but they have an alcohol-by-volume (ABV) that's generally under 5%, says Devaraj Southworth, CEO of alcohol-delivery app Thirstie. "They can be young or old, bitter or sweet, fruity or crisp," he says, "but the thing that makes a session a session is its ability to keep you from getting too drunk too quickly." ¶ Here's a six-pack of our favorites to get you started:

Pilsner Urquell

■ Born in the Czech Republic in 1842, Urquell is the world's very first pilsner. In the more than century and a half since its inception, the beer's changed very little—although the advent of refrigeration means the fermenting beer no longer needs to be stored in caves. "With its deep golden color, rich, velvety body, and thick, creamy head, it's still considered a luxury in its home country," says Jeff Alworth, author of *The Beer Bible*. 4.4% ABV, [pilsner urquell.com](#)

Bell's Oarsman Ale

■ Big on flavor despite its überlow 4% alcohol content, Oarsman combines wheat, hops, citrus, and spices into a unique, slightly crisp session favorite. It's a good option for guys looking to try their first sour beer, says

Thirstie's Southworth. "It's crisp and refreshing, without being overly aggressive," he says. 4% ABV, [bellsbeer.com](#)

Dr. Jekyll's Beer Attack Irish-Style Red Ale

■ Although its 5.4% ABV pushes the boundaries of what's truly a session beer, we'll let it slide, thanks to its many other healthy attributes. For starters, each bottle is brewed with non-GMO, vegan-friendly organic hops and malt. Dr. Jekyll's mad-scientist brewers also mix cinnamon oil, garlic, hawthorne berry, flaxseed oil, and other good-for-you superfoods into their brew, amping up the sweet, nutty, slightly smoky flavor and overall nutritional profile. 5.4% ABV, [drjekylls.com](#)

Founders All Day IPA

■ Started just 18 years ago in Grand Rapids, MI,

the Founders Brewing Company is now a mammoth. Its philosophy in short: "We don't brew beer for the masses...Our beers are crafted for renegades and rebels who enjoy a beer that pushes the limits of what's commonly accepted in taste." Founders is the gold standard of session IPAs, says Kurt Taylor, CEO of Next Glass, an app that helps you find wines and beers you'll like based on how you've rated previous picks. "It's sharp, hoppy, and super-refreshing after a long day," he says. 4.7% ABV, [foundersbrewing.com](#)

Samuel Smith India Ale

■ "IPA-style beers are nearly synonymous with American brewing, but it's good to sample Samuel Smith if you want to know what an original India ale tastes like," says Alworth. "Smith's version has the

typical hard, mineral-water-and-bready-malt taste of an old-school beer, along with the unusual herbal hopping of today's modern IPA." 5% ABV, [samuelsmithsbrewery.co.uk](#)

Shiner Bock

■ "Countless guys are used to fueling their days with this delicious and well-crafted beer," says Southworth, "and most would be surprised to find that it's technically a session." First brewed in 1913 in the tiny Texas town of Shiner (population 2,107), this lightly hopped lager was only a seasonal beer for the company until ardent fans persuaded the owners to start selling it year-round back in 1973. Since then, the beer's won a dozen global titles, including a couple of golds as one of the top beers on the market. 4.4% ABV, [shiner.com](#)



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Chili for athletes

There are as many ways to make chili as there are beans in a Goya can. But if you're an athlete, there's also a *right* way to make chili, using smart, healthy ingredients—and your imagination.

By Bill Bradley Photograph by James Ransom

C Chili is one of those great one-pot wonders that taste as great the day you make it as it does as tomorrow's leftovers. With the right ingredients, your favorite fatty bean-pot can also be a lean, tasty powerhouse perfect for an athlete. "It's great for a quick recovery meal, because it's packed with protein from beef, fiber from beans, and carbs from rice," says Allen Lim, Ph.D., sports scientist and co-author of *The Feed Zone Cookbook: Fast and Flavorful Food for Athletes*, who's served as a trainer and nutritionist for elite Tour de France cyclists. But there's a science to maxing out chili's benefits. Below, Lim shows how to take it to another level with just a few tricks: using a slightly higher-fat cut of beef; going whole hog on anti-inflammatory red chili pepper; adding heart-friendly dark chocolate (heard of mole? Trust us, it's great); and serving it over rice to create a complete protein.



Power Chili

MAKES: 4 SERVINGS

INGREDIENTS

- 2 tbsp extra-virgin olive oil
- 2 onions, chopped
- 1 garlic clove, crushed
- 1½ lbs grass-fed ground beef
- 1 can whole crushed tomatoes
- 1 can beans (pinto, black, or kidney beans, or mix all three)
- 2 ears fresh corn, kernels cut off the cob
- 2 tbsp ancho (or any red) chili powder
- 1 tbsp cumin
- ½ bar (about .75 oz) dark chocolate (at least 65% cacao)
- 2 limes
- Salt and pepper, to taste
- 4 cups cooked white rice
- Fresh cilantro, for garnish

DIRECTIONS

- 1) Place a large saucepan or pot over medium heat and add olive oil. When oil is shimmering, add onions and caramelize (about 30 minutes). Add garlic toward the end.
- 2) Add beef and cook till lightly browned, about 5 minutes.
- 3) Add tomatoes, beans, corn, chili powder, and cumin. Mix well and cook for 10 to 15 minutes.
- 4) Add chocolate and mix, then squeeze in lime juice to taste. Add salt and pepper to taste.
- 5) Serve over rice and garnish with cilantro.

Food styling by Heather Meldrum/Big Leo; Prop styling by Stephanie Hannes

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Feast without fear

For fit guys, running the seemingly endless holiday gantlet of high-calorie, fat-filled, processed-carb-heavy food is one of the greatest tests of willpower. Here's how to do it smart—and get through unscathed. By Adam Bible



Forget crushing 150 wall balls in a row or destroying an Ironman. It's being able to say no to mounds of creamy mashed potatoes, rich, soft cheeses, and fresh-baked pies and cookies that's the real test of a man's fortitude. ¶ Well, not this holiday. This time, we've got your back. We talked to some of the top experts in the food and fitness game and have formulated a foolproof guide to get you in and out of those decadent holiday gatherings without packing on pounds.

Pre-game the system

Numero uno on the list to surviving holiday meals is arriving with a belly full of nutritious but appetite-killing food.

"Eat before, if you can," says Adam

Kelinson, nutritional consultant and author of *The Athletes Plate*. High-quality lean meats like skinless chicken and beef or pork loin are good choices. A 2010 University of Toronto study even suggests that downing a shake

with 20–40 grams of whey protein and water before the party may help you feel full, potentially reducing the amount you eat.

"Also, include some healthy fats and complex carbs to keep hunger pangs down," Kelinson adds. Top

choices: avocados, lentils, and pistachios, the latter of which are particularly good, as they're almost 90% unsaturated fat and are a source of filling fiber. (See "Party-Friendly Food Pairings," right.)

Trick your taste buds

Once you're ready to eat, smart tactics will keep you in control.

For example: tasting, but not devouring, some of the tempting foods in front of you, suggests Heather Mangieri, R.D., C.S.S.D., a board-certified specialist in sports nutrition. "The first three bites of delicious food trigger feel-good chemicals in your brain worth experiencing, but after that, it's over," she says. "Don't be afraid to cut a smaller piece or leave half of a precut appetizer—chances are someone else at the party will be happy you did."

Other helpful tactics: When all the glorious desserts are revealed and you just can't pass up a slice of Mom's famous pumpkin pie, sidle up to your nearest health-conscious relative and suggest splitting a piece, says Jim White, R.D., of the Academy of Nutrition & Dietetics. "That 400-calorie hunk of dessert just became about 200 calories." And once the party dies down and people are starting to get their coats, don't be tempted into loading up on leftovers. "Even if you overdid it at the

party, don't allow one night of celebrating to turn into a week by bringing tempting foods into your home," Mangieri says.

Don't fear failure

Of course, if you do slip up and take the second helping of the pie your mom forced on you, it's OK to give yourself a pass.

"It's all about balance," Kelinson says. "Don't worry about the small indulgences, just be sure to keep a solid training plan in place so the wheels don't come completely off." White agrees, suggesting you make a big-event meal your cheat meal for the week: "That way, you'll plan it, so you'll feel less guilty." He also recommends doing your best to get at least some kind of workout in on those days, and to start back on your healthy-eating plan no later than the day after the event.

Another tack to take for hacking holiday parties: Adjust your mental focus. "Change your mind about what matters at parties," Mangieri says. "Take the focus off the food and put it

on celebrating with friends and family. Just because they have a holiday cake, that doesn't mean you have to eat it."

Some information for this article was provided by Wonderful Pistachios.

Party-friendly food pairings

Whip up these easy-to-make sides to munch on before the big gathering or keep with you as emergency snacks.

Shrimp with Salsa Bruschetta

■ Make mini toasts topped with shrimp and salsa. Drizzle with olive oil for some added antioxidants. Salsa has vitamin A, vitamin C, and fiber, while the protein-rich shrimp pack selenium, vitamin B12, and phosphorus.

Pop-stachios

■ Air-popped, unsalted popcorn plus pistachios is a quick, easy, nutritious option. Just mix 3 cups of popcorn with 1 ounce of pistachios (about 50 nuts) for 9 grams of protein and 6 grams of fiber.

Mini Chicken Tacos

■ Use a round cookie cutter to cut up corn tortillas, then top them with roasted chicken, avocado, and salsa. This is a great mix of protein, fat, and flavor.

Nutty Dark Chocolate

■ Mix pistachios with dark chocolate chips (at least 70% cacao) for a snack with micronutrients, minerals, and antioxidants.



Grab a bag. Shelled pistachios contain less than 200 calories per quarter cup.

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The simple kitchen

Fancy, hard-to-master kitchen gear won't help you cook great meals—but a few of the right tools will. These essentials will wean you off the microwave forever.

By Debbie Lee
Photographs by David Rinella

1

PERSONAL JUICE BAR KitchenAid Magnetic Drive Torrent Blender

■ Busy guys who spend a lot of time shuttling between work and the gym need a blender that can keep up. The Torrent has a 1.8-horsepower motor and four presets—juice, soup, milk shake, and smoothie. The money you'll save on morning smoothies and overpriced juices alone will pay for it in a matter of months.

\$450, surlatable.com

2

SALAD IN SECONDS Swissmar Borer VPower Mandoline

■ A food processor can be overkill when cooking for just one or two. This Swissmar mandoline has German surgical-steel blades that can shred, julienne, and slice vegetables and fruits to just about any shape and size with a single swipe. The uniform cut helps food steam, sauté, or roast evenly, and halves the time it takes to throw a salad together.

\$40, amazon.com

3

ONE-POT PERFECTION Breville Fast Slow Cooker

■ Slow cookers may remind you of Grandma, but tossing your favorite meats and vegetables in one pot and walking away has undeniable appeal. The space-saving countertop Breville sautés veggies, sears proteins, and slow-cooks stews, and the pressure-cook function makes fast work of tenderizing meats and beans.

\$180, brevilleusa.com

4

MOST VERSATILE PAN Lodge Cast-Iron Skillet

■ A cast-iron skillet is cheap and durable, and nothing conducts heat quite like it—it's the tool for putting a food-porn-worthy sear on steaks. Lodge's 10.25-inch pan will fit a couple of New York strips or work as a nest for a roast chicken. Cast-iron needs a little love, a process known as "seasoning," but the Lodge comes pretreated for immediate use.

\$25, lodgemfg.com

5

SMARTEST STOVETOP Cuisinart Griddle

■ Simplify everything from burgers to paninis to egg-and-bacon fry-ups with the Cuisinart Griddle, which doubles as a stovetop and requires almost zero cleanup. The stainless steel unit is a stylish upgrade on the George Foreman grill of your dorm days—just attach the appropriate nonstick cooking plate and you're ready to take on just about any dish.

\$100, cuisinart.com



6

PRO BLADE (SHOWN AT RIGHT) The Shun Reserve Hollow-Ground

■ A decent knife should be every man's first kitchen investment. While bargain knives dull quickly, a proper chef's knife stays sharper for longer, speeding up food prep. The Shun's six-inch blade (two inches shorter than normal) is easy to wield, and side dimples keep food from sticking. Plus, the blade is forged by hand in Japan—a nod to samurai sword-making techniques—for an angled edge that's ultra-thin but superstrong.

\$290, williams-sonoma.com

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Look for love in all the right places

Tinder isn't the only game in town anymore. As more and more matchmaking apps enter the fray, be sure you're using the one that's right for you.

By Arianne Cohen

Ever since Tinder exploded on the dating scene three years ago, debuting its then-unique swiping feature to the single masses, dozens of copycat apps—online sites' younger, smarter cousins—have raced to get in on the left-and-right action. ¶ And we're happy to report: Competition is a good thing. Rather than force you to thumb your way through hordes of women you have nothing in common with but location, the latest apps add a valuable level of selection, and at the very least seek to put you into an arena of like-minded souls. "It's important to be clear on exactly what you're looking for," says L.A. intimacy therapist Robert Weiss, "since these apps bring you whatever you want, immediately."

¶ Below, all the dating-app dope you'll need to get started.



The ball's in her court—swipe right if you like her, then she has 24 hours to initiate a conversation.

If she's talking to you, she's interested. Plus, it's made by ex-Tinder folks, so the interface is familiar.

iOS only, and filters are limited to age and location. Plus, you can't do anything unless she initiates.

"Other apps inundate women with messages, so this is refreshing," says Dallisa Hocking, a Texas dating coach.

Bumble pulls your profile photos, age, job, and schooling from FB, so make sure you've edited them accordingly.



Blind dating for millennials. Get matched up with like-minded women who are all connected to your own FB friends.

Vetting: Your friends can vouch for her before you click, to protect you from the many assholes trawling the Internet.

Large U.S. metro regions only; users in smaller cities might pull few matches.

"I'm a big fan. You avoid screwing anyone over, as you might have mutual friends," says dating coach Patrick King.

Don't fuck and truck: These people run in your real-life friends' circles, and word can travel fast.



Meet a person, not a profile: Post "Yoga at 7 p.m. tonight," and hear from women who are interested in joining you.

Profiles can be posted in five minutes—the fastest of the bunch—if you let the app pull stats from your FB page.

There's a lot of, "Hey, let's just try a quick drink..." from women who don't want to commit to an activity date.

"I like that the app tries to move people offline," says Hocking.

Suggest an active, social date that you'll enjoy even if she's a dud, like a trip to a rock-climbing gym.



The Google for relationships. Offers access to the most profiles—you rate theirs and can see who's read yours.

This pond is stocked with more than 12 million users. And the "You're a 90% match!" feature saves tons of reading.

Profiles make it easy to include too much info—creeps can figure out where you work and who your family is.

"Free means anyone with a pulse can sign up," Hocking points out.

Pay for "A-List," where the pickings are better. Apparently, girls with access to a wallet are just more together.



Speedy like Tinder, but with more info and algorithms—it reads profiles for you and suggests good matches.

Things move quickly, and thanks to good filters (height, education, etc.) you can be on a date within two hours.

It reveals who digs you, but—unlike most apps—also who gave you the thumbs down, which can sting.

"I like that you can actually see who isn't interested. It's humbling but could help define where you fit in," says Weiss.

Click "On Demand" and Clover matches you with others who like you and are available tonight. Genius.

Girl: Steven Raad

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Cold warrior

Starring in a Tom Hanks–Steven Spielberg thriller and skydiving during his time off, Billy Magnussen is an action-hero natural

Photograph by Jeff Lipsky

The Guy

■ Billy Magnussen has always been a quick study—which could explain how the actor and rock guitarist also became a scratch golfer. “I played hockey and Putt-Putt,” he says by way of explanation, “and took dance in college, which taught me to mimic movement.” With his innate physicality, no wonder he feels so at home in SoCal, enjoying full-throttle days of hiking, surfing, and even skydiving.

Magnussen, 30, is going full tilt careerwise, too. Right now he’s on-screen in *Bridge of Spies*, a Cold War thriller starring Tom Hanks as a lawyer recruited with his assistant (Magnussen) to negotiate the release of a captured American U-2 pilot from the Soviets. “I was like a sponge on the film,” he says. “I learned from Tom that prep is everything—and that we’re making a fucking movie, so have fun!”

This fall he also stars in the new FX series *American Crime Story: The People vs. O.J. Simpson*, playing infamous guesthouse witness Kato Kaelin. “I always say, there’s Hamlet, Faust, Stanley Kowalski, and Kato Kaelin,” he jokes.

The Clothes

■ Haspel’s textured retro cardigan is a dash of style for those who like to keep it simple. “The sweater itself is a statement,” says Haspel’s Sam Shipley, who co-designed the collection with Jeff Halmos. “Underneath, you can go casual with denim and a T-shirt or more muted colors.” It’s also a piece you won’t feel overdressed in hanging out on the patio with friends, he says, and you won’t need to change to hit the town. “If you’re headed to the bar after, just get up and go.”

—MARTIN MULKEEN

Clothing: HASPEL
Boots: FRYE
Want it?
See page 127.

Grooming by Jamal Hamadi/Forward Artists using Hamadi Beauty

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The latest fitness trackers are so technologically advanced, they practically strap themselves on your wrist and drag you out to the gym (or trail, or pool). But with so many trackers offering so many features, how to choose among them? We've sorted them all out for you.

By Ben Radding Photographs by David Rinella

Tiny training partners

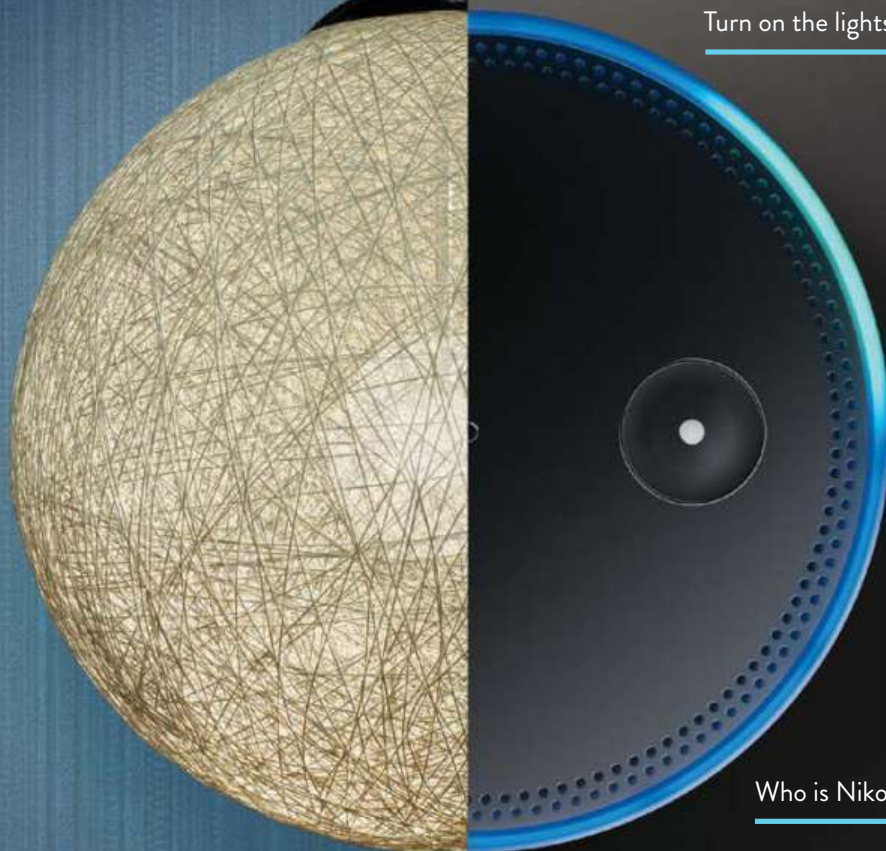
1

Moto 360 Sport

BEST FEATURES:
Google GPS; intuitive mode switching

■ Now that the Moto 360 Sport model will also have iOS capability, it's poised to give the Apple Watch a serious run for its money. This is a full-functioning smartwatch: Its GPS uses Google's superior mapping software, feeding directions to the watch face like a tiny TomTom; it also somehow knows whether you're running or doing pushups and switches modes between sports, then syncs all your metrics in the Google Fit app. And of course, being Google-driven, it can help you find the best place for a post-workout smoothie with a voice-activated search. \$300, moto360.com





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2

Withings Pulse Ox

BEST FEATURES:
Blood-oxygen reader; long battery life; budget price

■ The Pulse Ox is a no-nonsense band with a few essential features and a great price. Four LED sensors allow it to track heart rate and read blood-oxygen levels—handy for assessing exercise efficiency when training at altitude. And it blows the competition away with its astounding two-week battery life.

\$100, withings.com

3

Garmin Forerunner 225

BEST FEATURES:
Running-specific tech; optical heart-rate sensor

■ Aimed at runners, this new Forerunner has an incredibly accurate Mio optical heart-rate sensor and can track time, pace, distance, and heart-rate zones, which are fed to you during your run to ensure optimal training. Using your age and fitness level, the watch will determine your warmup/aerobic/max pace and guide you through each part of your workout.

\$300, garmin.com

4

Fitbit Surge

BEST FEATURES:
Activity mapping; calorie-burn algorithm; battery life

■ Built-in GPS lets you map your run, ride, or hike with an app on your handheld device; you can also track heart rate and calorie burn across different sports like yoga, spinning, and circuit training using a unique algorithm for each. One charge can last up to a week—impressive for a continuous heart-rate monitor; and sleep tracking helps you get the perfect snooze.

\$250, fitbit.com

A long-standing favorite of triathletes, the new Garmin Forerunner is aimed at serious runners.



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5

Apple Watch

BEST FEATURES:
iPhone syncing;
inactivity reminder;
sleek style

■ The Apple Watch isn't a fitness-focused tracker, but devotees will love it because it fits so neatly into the Apple ecosystem, syncing seamlessly with the iPhone Health app as well as iEverything else. Usual life-style features aside, the Apple Watch also monitors both resting and exercising heart rates and pings you with reminders to stand or walk when needed throughout the day, then feeds it all back to you in a well-designed snapshot of your activity. What it lacks in multisport features and battery life, it more than makes up for in style. From \$349, apple.com

6

Basis Peak Titanium

BEST FEATURES:
High-tech heart-
rate monitor;
swappable leather strap

■ This Intel-driven unit has one of the most accurate heart-rate monitors out there due to the brightness of the LED in the spectroscopic sensor, which cuts through any light pollution between the band and your wrist. That cutting-edge tech is now paired with a refined leather/metal-look strap that can go dressy or be swapped out for a plastic band. Plus, the Basis is now integrated into Apple Health and Google Fit and can sync with whichever smartphone you use. To switch from a slick wristwatch to fitness mode, just swipe left. \$300, mybasis.com

7

Microsoft Band

BEST FEATURES:
Guided workouts;
iOS/Android syncing

■ This "band" has 10 sensors, including optical heart-rate monitor, GPS, GSR (Galvanic Skin Response, which means it knows when you put it on), and even a UV sensor. It works with iOS, Android, and Windows and comes loaded with guided workouts from Gold's Gym, Benchmark WOD, and the best fitness magazine on the planet (yes, the one you're holding right now). \$200, microsoft.com

The Basis Peak Titanium's leather band can go dressy or be swapped out for a sporty plastic strap.



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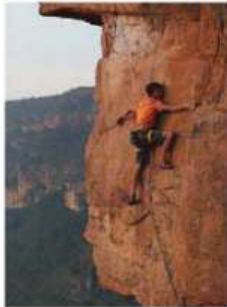


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Jill Richards

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"I have a little
bit of mystery
and edge to me."

TWO TRUTHS
AND A LIE WITH

Katrina Bowden

The former *30 Rock* star is sticking with comedy, starring on a five-story Times Square billboard, and about to run her second marathon...or is she?

By Noah Davis



If there's one thing Katrina Bowden has learned in her short but prolific career, it's that Hollywood success and marathon training don't always mix.

"I haven't been doing as much running as I wish," says the 27-year-old, who first rose to fame on NBC's beloved sitcom *30 Rock* and is competing in this month's New York City Marathon for the second consecutive year. "When you're shooting a movie, you never know when you're going to have time," she says.

Unfortunately for her conditioning, Bowden's career is full speed ahead: She's just signed on to star in the indie thriller *Monolith*, about a woman whose young son gets trapped in a car in the desert (that's right, she's not just a comedian), and recently she played a charming and mysterious prostitute in Steven Spielberg's '60s-era cop drama *Public Morals*, which debuted on TNT in August—and whose promotional rollout included erecting a five-story billboard of her sultry countenance in NYC's Times Square. "I definitely think the character's like me," she says. "Not the prostitute part, obviously! But I have a little bit of mystery and edge."

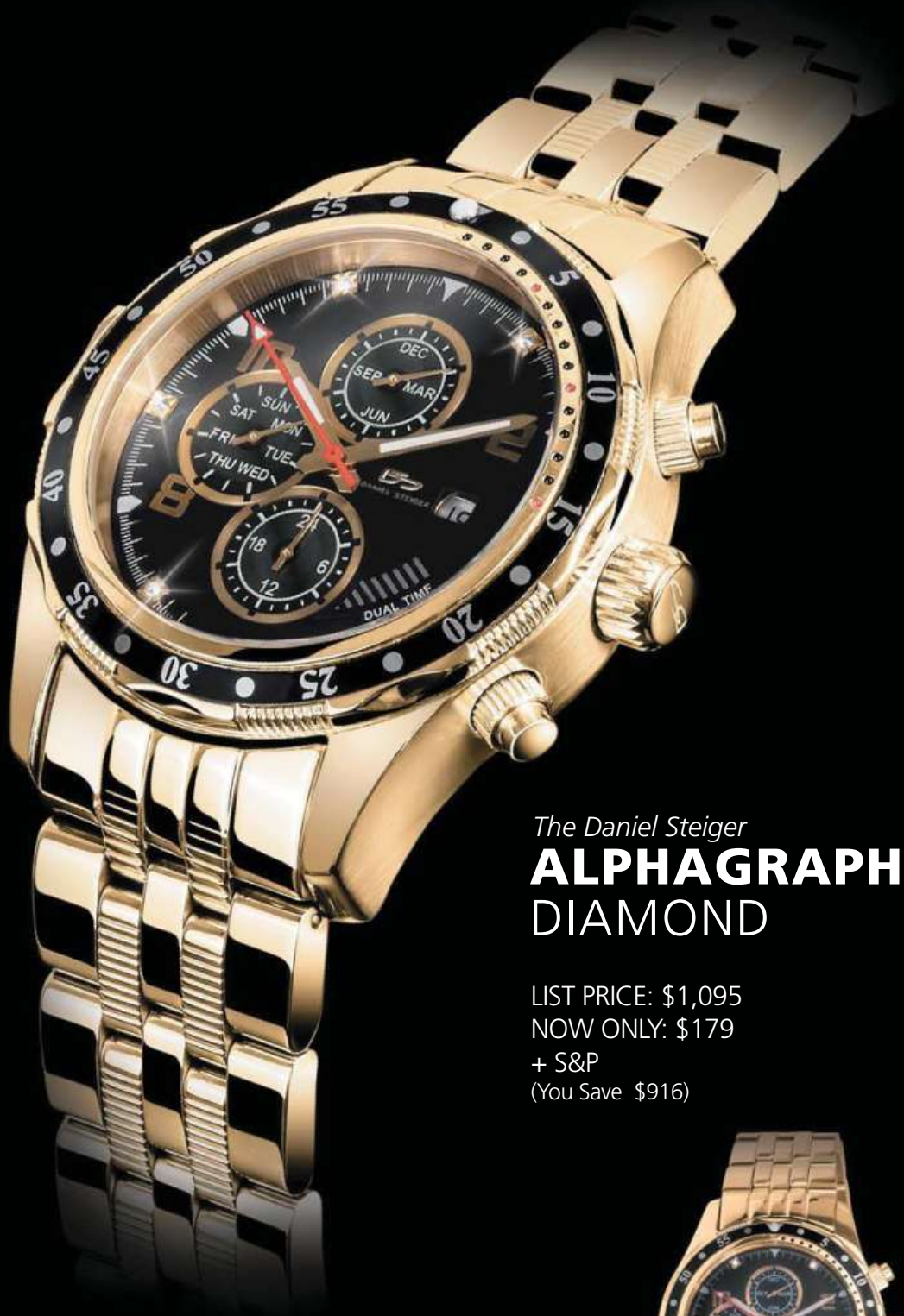
As busy as she is, though, Bowden swears nothing's going to stop her from lining up on Staten Island for the Nov. 1 marathon. Last year she clocked in at just over four hours; this year she has every intention of improving her time.

"You have to be dedicated," she says. "I wake up extra early to train."

Nathan Johnson



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Still stuck using e-mail in a post-e-mail world? Here's how to simplify it for the sake of your mental health.



Clean up your e-mail act

Streamline the most annoying burden of your professional life—in just six easy steps

“WHY ARE WE ALL STILL USING E-MAIL?”

If that’s a question you’ve asked yourself recently, you’re in good company. Despite the slew of communication alternatives cropping up almost daily, from Slack to Viber to Snapchat to WeChat, e-mail—which even *The New York Times* has called out for its “terrible, horrible, no-good impact on our daily lives”—has managed to endure against all odds. ¶ And it’s only getting worse. ¶ Today, e-mail isn’t just a stressful repository of messages from your boss and everyone else (Mom, market-

ers, incarcerated Nigerian princes who *really* need your help), it’s also a glut of other time-sucks: to-do lists, file transfers calendars, shared word processing... The cold, hard truth is, every time your e-mail pings in your pocket and you feel that knee-jerk excitement that makes you scramble for your phone, you have *no idea* what it’s for. ¶ There’s got to be a better way to live, right? ¶ Right. Of course, you don’t have to disavow e-mail entirely, like BuzzFeed’s San Francisco bureau chief, Mat Honan, did earlier this year. (“I no longer use personal e-mail,” reads his autoreply. “Please contact me via another method.”) All you really need to do is get smarter about how you use it, download the right e-mail-friendly apps, and make sure you take advantage of the great new tools that make cleaning up your in-box a breeze. ¶ Just follow these six steps and you’ll thank me later.

Armstrong: Mangué Banzima/Elias World Media



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STEP 1

Check your personal e-mail just three times a day (well, at least try to)

Yes, this is both supremely obvious and insanely hard to do, but it bears mentioning, thanks to a new study in *Computers in Human Behavior* that confirmed it: It's healthier to look at your in-box less.

Two University of British Columbia scientists split 124 subjects into two groups: One group was allowed to check e-mail as often as they wanted, while the other was told to check it just three times a day and turn off all notifications. The eye-opening result: Subjects who looked at e-mail less felt significantly less stress; they also experienced "other positive outcomes, including higher mindfulness, self-perceived productivity, and improved sleep quality."

Now, I understand that turning off e-mail for large stretches of a workday would likely be impossible, and would definitely test your willpower. And your job, of course, wouldn't allow you this luxury. So I tracked down the study's author, Kostadin Kushlev, and this was his advice: If nothing else, turn off your personal e-mail for large portions of the day and definitely disable notifications. The research has spoken, he says, and anything you can do to stop the glut of communications is well worth doing.

STEP 2

Junk all the junk mail automatically

Remember that time you hopped on a long airplane flight and your e-mails piled up for a full workday? When you finally opened your in-box you saw that, among 200 unopened messages, only about four or five were actually important enough to require your immediate attention. Regardless, according to a survey conducted by GFI Software, 76% of workers say they typically respond to every e-mail in an hour or less. In short, not every e-mail is created equal. So let's talk about the least worthy of the bunch: the clutter.

Rather than going through the cat-and-mouse game of clicking "unsubscribe" on every pesky marketing e-mail, you can save a lot of time by joining SaneBox (tagline: "Enjoy a clutter-free in-box every day") and dragging things to the "SaneBlackHole"—trust me, you'll never

hear from those senders again. If you've got a more serious newsletter infestation because over time you've signed up for way too many things, head over to *unroll.me*, and with one click you can simultaneously unsubscribe from the hundreds of e-mails you don't care about and roll the ones you *do* care about into a single daily digest you'll actually read.

STEP 3

Keep your work and personal e-mails separate—no exceptions

When a group of hackers posted the personal information of 32 million aspiring adulterers from the Ashley Madison website a few months ago, it struck me how many people use their work e-mail addresses for essentially everything.

Simple searches by journalists through the vast trove of data turned up more than 15,000 government employees using their .gov addresses, more than 9,000 using military members' .mil addresses, and even hundreds of employees using the

addresses of huge tech companies like Microsoft, Google, and Apple.

Now, aside from keeping private indiscretions private, there are several reasons you should a) have a personal account, and b) keep it completely separate from your work account. If, for example, you have e-mails from a work account, like Outlook, mixed with your Gmail in a single phone app, you should disentangle them and herd them into separate in-boxes. That way you won't subconsciously assume they're all the same address and accidentally confuse the two—say, if you're signing up to, um, "make new friends." Plus, when you're off the clock you can check your personal e-mail without getting distracted by work stuff you could handle much better the next day.

STEP 4

Get an e-mail "personal assistant" app

Thankfully, a bunch of new apps are making it easier to manage the deluge.

One new feature of a lot of these apps, including Google's new Inbox and Dropbox's Mailbox, is the ability to "snooze" mail so it can pop back up later when you can actually give it some attention. Whether you've stumbled into your

e-mail at night and don't need to reply till the next day, or you don't have an answer yet and can't reply till you do, snoozing e-mail is a great way to make sure the items you really will have to tackle don't join the 10,000 unread e-mails you'll probably never get to.

STEP 5

Get a handle on how you handle mail

Once you're set up with a snoozing app, you'll need to find a system for handling e-mail that's easy and effective.

One method, says Melinda F. Emerson, author of *Become Your Own Boss in 12 Months*, is to let your mail clog up over the week. When you check your account, you open only what you think will be important and leave the rest untouched.

"At the end of each week," she says, "look at all the unread e-mails and delete or unsubscribe from anything you didn't bother to open."

STEP 6

Adopt tomorrow's "e-mail" today

At my company, we've switched to an app called Slack, which works like a smarter version of Gmail's chat and can be used by anyone on either a desktop or smartphone. Slack reduces your e-mail load and keeps all relevant conversations in one happy place. For instance, Slack works by creating separate chat rooms for each major project you're involved in at your job (like a quarterly report) or with your friends (like a charity fund-raiser) and includes only the relevant partners in that chat room.

Consequently, everyone stays focused on specific projects. And you never have to waste time searching through your in-box for that one e-mail you need. Slack comes with all kinds of other benefits as well, like making it easier to switch from a group chat to a direct message, or to swap files with a larger group.

But chances are you're stuck with your company's Outlook, at least for now. If so, there's one thing I've learned from Slack: Most work messages will fit snugly into an e-mail subject line, which will save everyone time. If possible, add "NRN," for "No Reply Needed," at the end. Your colleagues will be grateful for the time-saver. ■

Mario Armstrong, a digital lifestyle expert, appears regularly on NBC's Today and CNN.

Trust me: Slack will reduce your e-mail load and keep your conversations all in one happy place.



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Doomsday prep

How every successful working man should get ready for the four words he's never wanted to hear: "You've been laid off"

a

All around the world, corporations have been acting like horny college seniors the week before graduation: hooking up with other corporations with such abandon—by mid-August more than \$3 trillion in deals had been consummated—that Bloomberg predicted 2015 would break all records for mergers and acquisitions. They do this to boost sales—then cut employees from the combined company to reduce costs. Wall Street calls it “synergy.” A more accurate word would be “layoffs.” ¶ Sooner or later it seems to happen to everyone. I was laid off in the last downturn, but luckily I’d made the right moves ahead of

time to set myself up for a quick bounce back. Now, I’m assuming you’re already doing everything you can to keep your name off the boss’s list of guys he’d cut loose if he had to (trust me, that list exists). And I get it: You’re the guy whose work is directly tied to revenue, who catches the crucial assignment because his boss knows he won’t screw it up. So losing you would cost them more than keeping you. But let’s face it: No one is invincible. ¶ Here are the steps to take now so you’re prepared when the HR manager stops by your desk and asks, “Could I see you in my office?”

Save cash first, ask questions later

When you worry about getting axed, you think about where your next job would be, what would happen to your health insurance...But the truth is, there’s only one reason the thought of a layoff should make you break out in a sweat: Because your money would stop flowing—and your bills would keep on coming.

But there are ways to lessen the threat. Mark Horstman, co-owner of consulting firm Manager Tools, recommends putting aside a portion of your paycheck till you’ve built up an emergency account that would cover six months of expenses. That may sound impossible but, the truth is, making a sacrifice now would be nothing compared with entering your third month of unemployment and not having money to pay rent.

The first rule of saving money is to automate the process. Log in to your bank account and set up automatic transfers from your checking to your savings every two weeks on the day after you get paid. Now figure out how you’re going to tighten your budget to accommodate this new austerity. For the low-hanging fruit, check your recurring monthly bills to see what you can cut. Are you paying for Netflix but watching the NFL Network? Eating lots of lunches out? If you start brown-bagging it to the office and drop the Netflix, you’ll be healthier *and* richer.

Become an HR insider...

It’s easy to dismiss the human resources department as a cubicle farm for bureaucratic drones, but why turn a potential ally into an enemy?

Everyone needs a buddy in HR. It ups the odds you’ll get advance warning of layoffs, and puts you in a better position to hear about any (real) openings in other departments if your job is eliminated. Remember, when the company starts slashing and burning, so-called “open positions” aren’t really open at all, as managers agree to leave seats unfilled to avoid cutting existing staff. HR knows the difference between those bargaining chips and real opportunities.

For the same reasons, you should cultivate a mentor who can keep you in the loop. Now, when you don’t have an obvious agenda, is the time to build contacts. If your company sponsors a Turkey Trot, run. And find any excuse to follow up with any interactions you have within the company.

by Jack Otter



Be the smartest (money) guy in the room

Expert personal finance advice from Jack Otter—free of charge!

Shop at Whole Foods (seriously)

■ Not everything at Whole Foods will drain your wallet. *Gobankingrates.com* reported that many healthy items, including organic milk and almond butter, were actually less expensive there than at regular old grocery stores. (But avoid their meat and fish.)

Bet on homes

■ Interest rates are near all-time lows and savings accounts are paying zilch, but investors can get income—though it involves taking some risk. Mortgage REITs, which hold portfolios of home loans, are cheap relative to their historical prices and pay out about 12%.

Drive? Then keep your credit clean

■ A *Consumer Reports* study found that a poor credit score could add \$1,300 to a driver's insurance premium, while a speeding ticket would add only \$122 to the annual bill.

...but work the outside, too

If you don't have contacts throughout your industry, start building them. Attend industry conferences, and when the panels are over, spend some quality time at the bar with folks from other companies. Try to get yourself on a panel—if you do become a speaker, you'll be flooded with business cards.

Also—this is second nature to sales people—join a trade association (you may be able to expense the dues; if not, you can deduct them on your tax return) and attend networking events. Once you've got a few good contacts, consider whom you'd want to call if you lost your job today, and follow up with them, even if it's just for coffee or a beer. Look for a chance to do them a favor, and maybe someday they'll return it.

Polish your LinkedIn profile asap

Use lots of specific examples, and banish all jargon. But first follow the advice of Caroline Ceniza-Levine, a career expert with SixFigureStart: Go to your profile and turn off the notification that alerts your network whenever you update your status. You don't need to tip off your co-workers that you're polishing your credentials. And if you lose your job, you don't want to spam all your contacts every time you tweak your profile.

Think like a spy

All these great contacts you're collecting? They won't do you any good if their info is stuck on an office computer you can't access. At the very least, e-mail a copy of your contact list to your personal e-mail account. Horstman also suggests printing a physical copy and keeping it at home. Imagine not only losing your job but also getting marched out of the office with an escort from security—it happens. What would you regret leaving at your desk or on your computer?

Interview for jobs you don't want

If you get a call for a less-than-perfect job from a good company, don't ignore it. Explain that you're very happy in your current position, and aren't looking to move, but if they'd still like to meet you, you'd be happy to come in.

Prep for that interview as if your career depended on it, and blow them away. Maybe you'll get a great offer; if nothing else, you'll have built a bridge. I once got a call from a guy looking to fill a senior position that would've earned me a nice bump in pay. When I showed up for the interview, he said they'd decided to cut the budget and had a lower-level slot they'd love to offer me. I was tempted to tell him where he could stick it, but I kept smiling through the interview and wrote a nice follow-up note.

Five years later, hours after I learned my entire business unit was being shut down, that guy called—with a much better offer, which I accepted.

Buff up your résumé

Always have an up-to-date résumé, in PDF format, ready to send out. In the hectic days after a layoff, you'll have better things to do than struggle over your CV, scrambling to access your old files and overlooking ugly typos.

Horstman's rules for résumés include: Have an e-mail address that sounds professional (not beerpongking@aol.com); describe your accomplishments with action verbs; and, unless you've served as secretary of state for multiple administrations, keep it to one page. ■

Jack Otter is the author of Worth It... Not Worth It? Simple & Profitable Answers to Life's Tough Financial Questions.

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THE ZOLA
CHAIR FROM
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Self-driving cars. Google Pay. A global genetic database. ¶ Sure, the tech world has a lot to be proud of this year, as start-ups continue their global quest to “disrupt” entire industries, solve health crises, and, you know, fundamentally change the way we live. But as an average dude with a higher-than-average fondness for spending money, I’d like to offer up my own favorite technological achievement of 2015: a stylish, affordable couch. ¶ OK, home furnishings may not sound as cool as virtual reality, but trust me: They’re a hell of a lot more useful. And, lucky for you, right now there’s a bevy of all-new online companies—one helmed by a former Apple designer, another launched by an alum of e-commerce fashion seller Bonobos—rushing into this \$100 billion market to fill the huge gap between the ultrahigh-end (see: Eames, Henredon, Restoration Hardware) and the tragically low-end (see: everything else). That means you can score superstylish, modern, and—if prefab—easy-to-assemble midpriced furniture without tapping your grandparents’ pockets, dipping into your 401(k), or even getting off that black, faux-leather Ikea couch you’re still rocking. ¶ Sound innovative enough for you? ¶ Good. Let’s go shopping.



FOR THE GUY RENTING A STUDIO

CAMPAIGN (CAMPAIGNLIVING.COM)

This company, which launched in August, took its name from the folding chairs and tables that roving Army battalions used to tote around as part of a field campaign. So it's no surprise that, in addition to simplicity, comfort, and affordability, detachability and maneuverability are Campaign's major selling points.

Under the aegis of its founder, former Apple engineer Brad Sewell, Campaign's first line includes just one chair (\$495), one love seat (\$745), and one sofa (\$995). Each item is delivered in modules small enough to ship by UPS or FedEx, and when they arrive, the pieces assemble as easily as Lego bricks. The soft cushions are attached to the wooden frames with Velcro, so you can swap out for different colors or patterns whenever you wish. "We start the furniture, and you guys finish it," Sewell says. If you're a guy who moves around a lot, these pieces are terrific: You can break that armchair down into its component parts and move it using the same boxes (complete with carrying handles) they came in.

The only drawback is the uninspired design of the first collection—basic shapes, five neutral colors. Yeah, I know: His former company, Apple, thrives on a sort of streamlined simplicity with its products. But perhaps Sewell will consider adding a little more variety to subsequent offerings.

FOR THE GUY WITH A SERIOUS GIRLFRIEND

BRYGHT (BRYGHT.COM)

This Vancouver, British Columbia-based company sells chairs, tables, and sofas, most of which will be in the mail to you in fewer than 10 days after ordering. "It makes me think this company may be run by vampires who work all night, and to that, I say, 'Amen,'" says Lucinda Pace, a senior designer with online interiors consultancy Laurel & Wolf. Bryght keeps up its superhuman pace by dealing directly with manufacturers in Asia, grouping orders together until there's enough furniture to fill a shipping container, and delivering it to you directly from the port.

Its best items, bar none, are its sofas, which start at \$799 and include upward of 20 designs. "These are the kind of starter sofas that could easily transition into living with a girlfriend or a family. They're kind of classic," Pace notes, calling the \$899 Echo model "damn sexy." Other

How to shop for furniture



Cradle of comfort.
The Pocket Armchair from Hem, \$899.

impressive designs include couches like the Sven, upholstered in velvet, as well as the aptly named Retro, which could be a leftover prop from the *Mad Men* set. For comparison, Bryght's dining tables and chairs are competitively priced with popular high-end home furnishings company West Elm. But the best part of Bryght may be the flat rate of \$49 for shipping, regardless of whether you order one piece or an entire home's worth of furniture.

FOR THE GUY WHO JUST GOT A PROMOTION AND IS READY TO SPLURGE

INTERIOR DEFINE (INTERIORDEFINE.COM)

This one-year-old Chicago-based start-up offers more than 15 different styles of sofas in 30 or so fabrics, from love seats starting at \$1,300 to L-shaped monsters for \$3,500. And there's almost nothing founder Rob Royer hasn't thought of. Free swatches by mail of any fabrics you like? Sure. Gratis white-glove shipping and free returns if notified within 14 days? Of course. Adjusting the length by up to four feet so a sofa is a perfect fit? No problem. Even the firmness of the cushions is up for discussion.

Royer, an alum of online clothing firm Bonobos, says his sofas cost 30–40% less than comparable styles sold at brick-and-mortar stores. In my opinion, one of his standouts is the Gray (from \$1,000), a dude-friendly design that's sturdy, roomy, and squared off, like an upholstered quarterback. For playboys, check out the edgy, modernist Asher (from \$1,600).

RULE NO. 1

Look at the Legs

■ When shopping for sofas and chairs, says Lucinda Pace, a senior designer with online interiors consultancy Laurel & Wolf, you should avoid metal: "Wooden legs indicate good construction," she says.

RULE NO. 2

Buy Feathers and Foam

■ Always opt for cushions that are a combination of feathers and foam. "Anything that is foam filled only is kinda sketchy," says Mackenzie Schmidt of interiors blog Lonny. "And if it's just feather-filled, cushions will smush immediately. Go for a combination of the two."

RULE NO. 3

Avoid the Jargon

■ Be careful what you agree to. For instance: While the so-called white-glove-delivery-and-assembly service may sound like a great deal, it's ultimately a very pricey upsell. So if it isn't offered gratis, I'd advise you to skip it and haul that sofa a few extra feet yourself.

FOR THE GUY WHO CASUALLY NAME-DROPS "LE CORBUSIER"

HEM (HEM.COM)

Launched last October, Hem is by far the toniest, and most expensive, of the new furniture start-ups, and it also specializes in other items such as lighting and shelving units. The aesthetic is clean lined and Nordic. "These have the potential to look like design classics, they're so beautifully designed and simple," says Mackenzie Schmidt of home and design website Lonny. The reason: Hem hires (and credits) talented young designers to produce its branded products.

Its furniture collection revolves around 12 distinct designs, including a single sofa and chair style, the Palo, which starts at \$900; extras include matching loungers and ottomans, all available in two colors of 70% virgin wool.

Hem is unabashedly upscale and European, with offices in Berlin, Stockholm, Warsaw, and Helsinki; its entire collection is workshopped in Finland before the final designs are made in factories around Europe. It's pricier and more design-forward than the others, but the quality means you'll likely be able to keep this sofa until those kids you don't have graduate college. And you'll need to: Unfortunately, this is the only company that doesn't offer free returns if you're not satisfied. ■

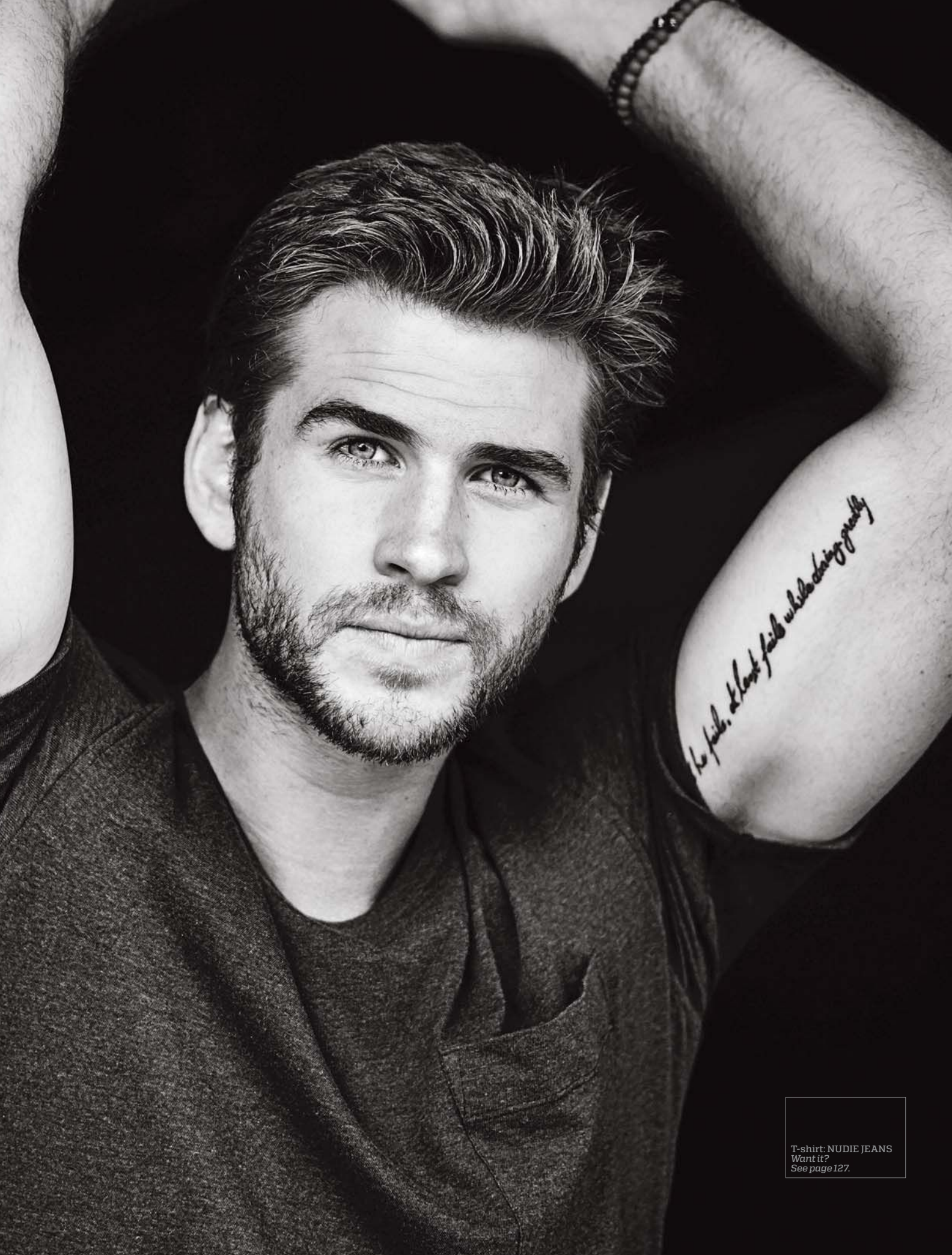
Mark Ellwood is the author of Bargain Fever: How to Shop in a Discounted World.

Liam Hemsworth: a force of nature

The actor, surfer, environmentalist, and hardcore pullup-and-burpee addict sounds off on dating, his transformational new diet, and what life will bring with Katniss Everdeen in the rearview mirror

BY JASON ADAMS PHOTOGRAPHS BY ERIC RAY DAVIDSON





T-shirt: NUDIE JEANS
Want it?
See page 127.

It's a rare day

OFF AT HOME FOR LIAM HEMSWORTH. ¶ The 25-year-old star of *The Hunger Games* franchise—which wraps up its four-year, \$2 billion run with the fourth and final installment, *Mockingjay—Part 2*, this month—is certainly keeping himself busy as he preps for life once the saga of Katniss Everdeen and Gale Hawthorne is behind him. In September he played a ripped young athlete who beds Oscar-winner Kate Winslet in the drama *The Dressmaker*, and he's just laced up Will Smith's old alien-ass-kicking shoes for next year's *Independence Day: Resurgence*, the sequel to the 1996 end-of-world blockbuster. ¶ But today? Today is about relaxation. In fact, it's so chill that Hemsworth, a lifelong surfer raised among the towering swells of Australia, is currently resisting the waves of his beloved Malibu beaches, which lie just a five-iron down the road from his home. So we weren't surprised when he told us he wasn't hitting the weights today. What did come as a surprise, though, is that this very ripped dude says he *never* hits the weights. He also says he's gone vegan—and, in the process, has persuaded his meat-loving superhero big brother, Chris, to eat more veggies. He also speaks openly about his own hardcore fitness routine (the guy's a pullup machine), his high-profile ex-fiancée (Miley Cyrus), and the new love of his life (Miss Piggy). Oh, wait—did we mention the part about LSD? ¶ Maybe it's a good thing Liam Hemsworth doesn't have days off very often...

You're a carnivore who recently adopted a vegan diet. What ultimately made you decide to do that?

My own health, and after all the information I gathered about the mistreatment of animals, I couldn't continue to eat meat. The more I was aware of, the harder and harder it was to do. About six months ago I went and saw a nutritionist to do a blood-diet analysis. He basically told me, based on my blood type and all the other different little tests they do, that red meat was good for me, and I should eat a lot more red meat and various other foods. So I started doing that, and the more red meat I ate, the worse I felt. At the same time, I have a lot of friends who are vegan. [*Hunger Games* co-star] Woody Harrelson was actually one of the original reasons I became vegan, because he's been vegan for, I don't know, 30 years or something. So, with the facts I was gathering, and then just how I was physically feeling, I felt like I had to do something different, so I adopted this vegan-diet lifestyle. It's been almost five months now.

It seems to be working for you.

I constantly get questions like, "How do you get your protein?" and "How do you feel?" And most of the people who ask you this are not healthy people. It always makes me so confused, because I'm like, "What are you eating? Whatever you're eating, it's not right..." But there are no negatives to eating like this. I feel nothing but positive, mentally and physically. I love it. I feel like it also has a kind of a domino effect on the rest of my life.



Clothing: NUDIE JEANS

“I’m not a cool guy, I’m a goofball. My brothers used to call me ‘Diplodocus,’ which is a large dinosaur—a large, *slow-moving* dinosaur.”

Do you get crap from your superhero brother for skipping the steak at the family barbecue?

Chris is obviously extremely healthy and has played Thor and has had to work out a lot over the past few years. But he has a lot of digestive issues, and he’s constantly trying to figure out what’s best for his system. Through talking to me, he’s somewhat adapting, I think, to eating more vegetables and more plant-based stuff.

Do you ever still get cravings for things? Like In-N-Out Burger or fried foods?

No, and you know what? I honestly thought I would. I never get cravings for meat. The less I eat meat, the harder it is to imagine eating it. I get cravings for cheese, though. Every time I’d go to New York, one of my favorite things to do was to go and eat a bunch of pizza. I’ve had cheese pizza, like, once in the past four months. It was in New York, and it was in the first few weeks of being vegan. I was with some friends, and we’d had a couple of beers—you walk around and there’s pizza everywhere, and it’s like, “Ah, God, I’ve gotta have a slice!”

You have a new rescue dog [photo, opposite page]. How’s she treating you? She’s awesome. I got her about a year ago. She’s the perfect dog. I’m a big advocate of pet rescue. Especially in California. If you’re going to get a dog, get a rescue.

How are your dog-naming abilities? This one’s called Tani. And when I first named her, I went up to one of my friend’s houses, and the first thing she said was, “Oh, cool, what’d you name her?” I’m like, “Tani.” She’s like, “Ah, is she a stripper?” And I said, “What do you mean? I’ve never heard of a stripper named Tani!” Have you ever met a stripper named Tani?

I can’t say I have! When you last spoke with *Men’s Fitness*, you said you didn’t lift weights—you had a sort of “the world is my gym” workout philosophy. But it looks like some weights may have made their way into your life at some point since then. Like, in *The Dressmaker*, you’re pretty jacked.

In all honesty, I rarely do weight work. I don’t bench-press or anything like that. And especially over the past five months of being vegan, all my stuff is really high-intensity body-weight workouts like burpees and pushups and pullups and dips. I do a lot of pullups every day, and that’s where I get a lot of my strength from. And then burpees. Burpees are good for burning fat and really getting your heart rate up. You do 20 minutes or something of burpees, pushups, pullups, and dips, and that’s your whole body.

Do you still box?

I haven’t for a while. I broke my arm earlier this year, which hasn’t caused me too many problems, but I stopped boxing because of that and haven’t really picked it back up. I’ve just been doing more of those body-weight workouts. But boxing’s one of the best workouts you can do. When you’re consistently boxing—I don’t mean fighting, but just doing the training—you mentally feel so strong and good.

You’re passionate about surfing. How does surfing in L.A. compare with surfing back home?

I grew up surfing and surfed competitively until I was 18. Surfing’s my favorite thing to do in the world. I’d rather do that than anything. If I could travel around the world and surf for a living, I would. The surf in L.A. can be really good, though most of the time here in California the swell is pretty small and it’s supercrowded because so many people surf. It constantly blows my mind when I turn up at the beach and, you know, there’s a two-foot surf and about a million people out there. That just wouldn’t happen where I grew up. We always had consistent swells, but about one-seventieth the crowd.

The Hunger Games chapter of your life is coming to a close this month with *Mockingjay—Part 2*. Given all the press you’ve done and the exposure you’ve had through it—a period that includes your split with Miley Cyrus [in 2013]—do you ever look back on some of your decisions and some of the things you’ve said, and cringe?

Oh, definitely. Nothing specifically,

but yes. When you get thrown into this industry at a young age, you’re gonna say some stupid shit. Absolutely. It’s impossible not to. Everyone does it. But you learn from it, and you learn from it quickly. You become a lot more mindful of what you say and how you say it.

A couple of years ago you were still taking a lot of questions about being engaged to Miley. Right now, your life and your approach to celebrity couldn’t seem further from hers. Does it feel like you’ve dodged a bullet at this point?

You fall in love with who you fall in love with; you can never choose. I guess some people just come with a little more baggage. [Laughs.] I mean, look—we were together five years, so I don’t think those feelings will ever change. And that’s good because that proves to me that it was real. It wasn’t just a fling. It really was an important part of my life and always will be. She’s a free spirit. I think she’ll always surprise people with what she does, but she’s not a malicious person in any way. She’s a young girl who wants to do what she wants to do.

Back to *The Hunger Games*. By the third movie in the franchise, last year’s *Mockingjay—Part 1*, it was clear your role as Gale was getting much bigger. How does that carry into the last movie?

The movies are always played through the eyes of Katniss [Jennifer Lawrence]. But this last one is more of an ensemble, I would say. There’s this squad that gets sent into the Capitol—which is me, Jennifer, Josh [Hutcherson], and then a few other people—and most of the film is centered around us. I’d say it’s the most fast-paced and action-packed film out of all of them. It feels like you’re in the middle of a battle the whole time. *Part 1* was more talking about what was going to happen. Now it feels like you’re in the middle of the battle the whole time. It’s really fun.

What can we expect from *Independence Day: Resurgence*?

Hopefully, a really great film. I had the opportunity to work with Roland Emmerich [*Independence Day*, *The Patriot*, *White House Down*]. I’ve been a fan of his since the first one. He



Hoodie:
MICHAEL STARS
Jeans: NUDIE JEANS



SAY

YES

TO

pas

Enter the exciting new world of (seriously) tasty,
protein-packed, guilt-free whole-grain pastas

By Nils Bernstein
Photographs by Christopher Testani



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IF YOU ASK RENOWNED HEART DOCTOR GIOVANNI CAMPANILE, THE ANSWER IS YES: You *can* indulge your cravings for pasta and not hate yourself later. And no: To do it, you don't have to be an endurance athlete whose fuel furnace burns calories like kindling. All you need, says Campanile, is to swap the old white-flour-based stuff—that high-glycemic, insulin-spiking gut punch that can derail a day's worth of gym work—for superhealthy, unbelievably tasty whole-grain pastas. ¶ The reason? It's not rocket science, but biology: The body digests whole grains—grains that still have their endosperm, germ, and bran—more slowly than those that have been stripped (aka “refined”); that means blood-sugar levels don't jump wildly, so there's less chance of storing fat and developing diabetes. Whole grains also have more protein, fiber, vitamins, and minerals than refined grains, as well as fewer calories, three times the fiber, and 25% more protein. “Grain pastas are perfect superfoods—they're packed with phytonutrients and have been shown to prevent heart disease, cancers, and diabetes in many studies,” says Campanile, who's so behind the whole-grain movement that in 2013 he opened Pazzi Pasta, a Brooklyn eatery specializing in “ancient”

grains—wheats like emmer, spelt, and red fife—as well as rye, quinoa, and millet. ¶ But if you can't get to Brooklyn, you're still in luck: Your local supermarket likely stocks the same grains in pasta form—try the Eden Foods or Racconto brands—or as seeds you can easily make into pasta at home. ¶ Here, courtesy of Pazzi Pasta and grain-savvy chefs Walter Edward of Tallulah's, in Seattle, and Simone Bonelli of NYC's La Pecora Bianca, are three delectable, nourishing new ways to put pasta back on your table.

YOUR GRAIN-AISLE GLOSSARY

Okay, you're shopping at Whole Foods. Do you want the red fife or the quinoa? The buckwheat or the amaranth? Is there even a difference? There sure is. Here's what you need to know.

1

Ancient Wheats

These include einkorn, red fife, spelt, khorasan (usually labeled Kamut), and emmer (usually labeled farro). Due to their high levels of gliadin and glutenin proteins, they make the healthiest pastas of all grains.

2

Amaranth

High in protein, iron, calcium, and fiber, this pseudocereal is a nutritional powerhouse with good flavor; when made into pasta, however, mix it with wheat flours to create a pleasing texture.

3

Quinoa

A South American superfood packed with fiber, vitamins, and minerals, quinoa is considered a “complete protein” that contains all nine essential amino acids. Combined with wheat in pasta, it lends a faintly nutty flavor and light texture.

4

Barley

Not just for beer, barley—one of the oldest consumed grains—is still popular in the Middle East and parts of Europe and Africa. Barley flour makes a light, slick pasta that's high in fiber, vitamin B, and minerals like selenium and manganese.

5

Buckwheat

If you've had Japanese soba, you've had buckwheat pasta. While it's eaten as a grain, buckwheat technically isn't a grain but a seed related to rhubarb and sorrel. Warning: Due to its lack of gluten, it doesn't make a strong pasta on its own.

6

Millet

You've seen this tiny grain in birdseed, but it deserves a place on your plate as well for its high levels of iron, copper, manganese, phosphorus, and heart-healthy magnesium. The seeds lend a lightness to whole-grain pasta.

7

Rye

Rye flour, adds a deep, rich flavor to pasta, much as it does to the dense, hearty breads it's also used in. Whole rye is also exceptionally high in fiber. When you see “triticale,” know that that's a great wheat/rye hybrid.



Pesto alla Trapanese over Kamut & Quinoa Pasta

FROM GIOVANNI CAMPANILE, M.D., AND OWNER OF PAZZI PASTA, BROOKLYN, NY

When you're cooking with whole grains, says Campanile, try to avoid anything generically labeled “wheat”—95% of wheat produced today is a modern species known as “common wheat,” which has been genetically altered for increased yield and pest resistance, not flavor and nutrition. So when you're cruising the supermarket aisles, be on the lookout for names like einkorn, spelt, and khorasan. These are all ancient grains that are high in protein and fiber and come packed with a clean, tasty, “wheaty” flavor.

In this recipe, we've opted for Eden Foods Kamut and Quinoa Twisted Pair, which resembles the traditional busiate, or spiral, pasta typically paired with this pesto in its homeland of Trapani, Sicily, as its shape ensures that the light pesto stays on the noodles and won't pool at the bottom of your bowl.

When making this Southern Italian pesto, Campanile suggests using a mortar and pestle to mash it. (If that's too much

pressure, a food processor also works just fine.) “A smooth texture allows the pesto to coat the pasta,” he says.

But above all, Campanile says, “fresh, seasonal herbs and vegetables are mandatory to create the best pesto.”

Make it

FOR 6 SERVINGS

INGREDIENTS

- ½ lb fresh plum tomatoes
- 1 garlic clove
- 1 cup fresh basil
- ½ cup blanched almonds
- 1 tbsp pecorino cheese
- 1 tsp salt
- Black pepper or red pepper flakes, to taste
- 1 tbsp capers (optional)
- ¼ cup pitted black olives (optional)
- ½ cup extra-virgin olive oil

PESTO DIRECTIONS

Dunk the tomatoes in boiling water for 2 minutes, drain under cold water, and peel the skin off with your fingers. Add all ingredients except olive oil to a food processor and blend until smooth. With the mixer running, add the olive oil in a thin stream.

Food styling by Suzanne Lenzner; Prop styling by Alissa Turnbull/Brumfiell; Grains: Nick Ferrari; prop styling by Nicole Heffron/Bernstein & Andriulli

When making pesto, opt for a spiral-shaped pasta. That will ensure the sauce stays aboard instead of pooling at the bottom of your bowl.





Beef Bolognese over Red Fife Tagliatelle

FROM CHEF SIMONE BONELLI,
LA PECORA BIANCA, NEW YORK, NY

Of all the grains finding their way onto grocery store shelves, none have surged in popularity quite like red fife. A wheat that was dominant in much of the world in the 19th century, red fife fell out of favor; but thanks to its herbal, nutty, faintly sweet qualities, it was revived by North American farmers in the early 2000s.

"Like all whole grains, red fife has more protein and fiber than refined grains," says La Pecora Bianca's Simone Bonelli, who specializes in making traditional (ancient grain) Italian pasta using local, organic whole-grain flours.

"I love it in our tagliatelle Bolognese for its nutritional value as well as its texture and consistency."

Bolognese sauce, traditionally served with long, flat ribbons of tagliatelle—a pasta similar to fettuccine—is a classic of Italian cuisine. When made properly, it bears little resemblance to the "meat sauce" you find in your neighborhood Italian joint. Proper technique involves simmering it for hours—and when you think it's done, simmering it another hour so everything integrates into a silky, uniform sauce.

To make this pasta, mix it directly on the countertop, knead it a few minutes, then roll it out. If you don't have a pasta roller, use a wine bottle, and if you can't find red fife flour, use any other whole-grain flour, or make your own by pulverizing whole grains to a powder in a coffee grinder.

Red Sauce and Turkey Meatballs over Whole-Grain Spaghetti

FROM CHEF WALTER EDWARD OF TALLULAH'S, SEATTLE, WA

Whether you're using beef meatballs or, in our case, the lighter turkey variety for this hearty classic, you shouldn't use just any whole grain. Because marinara—yes, good old "red sauce"—has a sweet taste to it, says Tallulah's chef Walter Edward, who specializes in vegetable-and-grain-driven comfort food.

We recommend pairing it with a pasta packed with a tasty, nutty flavor, and Racconto 8 Whole Grain Spaghetti—blending eight healthy grains, including rye, buckwheat, and millet—fits the bill perfectly.

When you're prepping your meatballs, says Edward, squeeze them just enough to hold their shape, to give them the perfect amount of tenderness. And if you're still pan-frying your meatballs rather than using the (far easier) method of baking them, this recipe will cure you of the habit.

Make it

FOR 6 SERVINGS

INGREDIENTS

FOR THE SAUCE

- 6 garlic cloves
- 1 onion, roughly chopped
- 1 carrot, roughly chopped
- 1 celery stalk, roughly chopped
- 2 tbsp olive oil
- 2 tsp minced fresh thyme
- 1 (28 oz) can San Marzano tomatoes, drained and pulsed in food processor
- 2 bay leaves (preferably fresh)
- 1½ tsp salt
- 1 tsp freshly ground black pepper

FOR THE MEATBALLS

- 2 lbs ground turkey
- 2 slices stale whole-grain bread (crusts removed), soaked in ½ cup nonfat milk
- 2 eggs, beaten
- ¾ cup low-fat ricotta cheese
- ½ medium yellow onion, coarsely grated
- 3 garlic cloves, minced
- 1 tsp dried oregano
- 1 tsp ground fennel seed

- ½ tsp crushed red pepper
- 1 tbsp salt
- 1 tsp freshly ground black pepper

DIRECTIONS

FOR THE SAUCE

Put garlic, onion, carrot, and celery into a food processor and pulse until minced. Heat olive oil in a large saucepan over medium-high heat. Add the minced vegetables and cook until translucent. Reduce heat, add the remaining ingredients, partially cover, and simmer, stirring occasionally, for about 3 hours.

FOR THE MEATBALLS

Preheat oven to 350°F. In a large bowl, break up ground turkey with your hands, then add the bread and mix gently until the bread disappears in the meat. Gently mix in the other ingredients. Shape meatballs (about the size of an ice cream scoop) with your hands and place on a rimmed baking sheet lined with parchment paper. Bake for about 20 minutes, or just until golden brown and cooked through.

Make it

FOR 6-8 SERVINGS

INGREDIENTS

FOR THE PASTA

- 2¼ cups red fife flour (or substitute emmer, spelt, or Kamut flour)
- 1½ cups "00" or "Italian-style" flour (or substitute all-purpose flour)
- 4 eggs, beaten
- 1 tsp olive oil
- 1 tsp water

FOR THE SAUCE

- 1 onion, minced
- 1 carrot, minced
- 3 celery stalks, minced
- 5 garlic cloves, minced
- 2 tbsp olive oil
- ½ lb ground pork
- ¾ lb ground beef
- ¼ lb fresh pork sausage (removed from casing)
- ¾ cup red wine
- 1 cup canned crushed tomatoes
- 4 cups chicken stock
- Tied in a cheesecloth: 12 peppercorns
- 5 juniper berries
- 2 bay leaves
- 1 sprig rosemary
- 1 sprig thyme

DIRECTIONS

FOR THE PASTA

Mix flours together and pile on a countertop, making a crater in middle. Add eggs, oil, and water to crater and, using your hands in a circular motion, gradually mix flour into wet ingredients until dough forms. Knead for 5 minutes, or until smooth and silky. (If dough is sticky, add flour; if it crumbles, add water.) Wrap in plastic; let rest in fridge for 2 hours. Divide into 2 parts and, using a pasta roller, rolling pin, or wine bottle, roll each half into a thin rectangle. Cut into ¼-inch strips. Cook in boiling salted water for 2 to 3 minutes, or until al dente.

FOR THE SAUCE

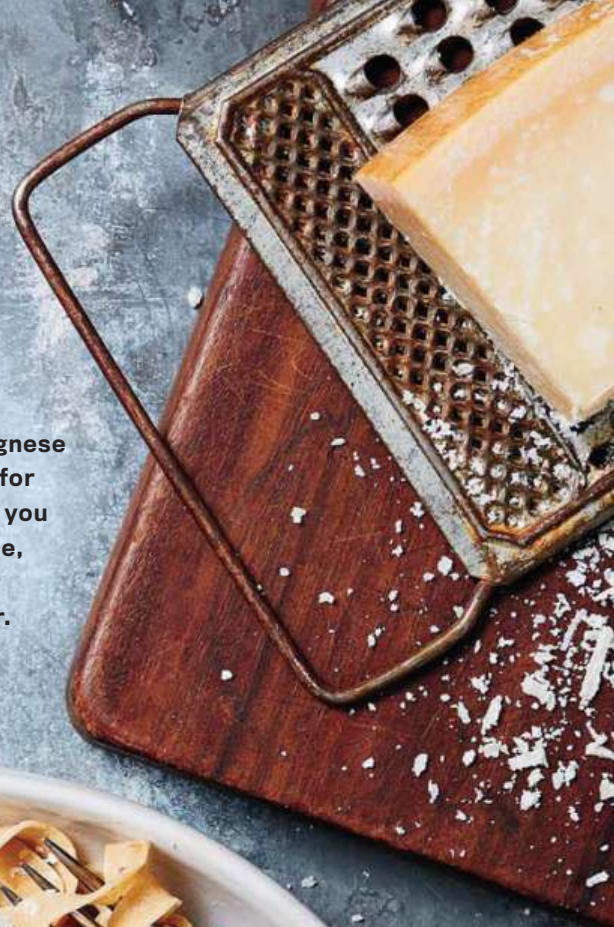
In a large saucepan over medium-high heat, cook onion, carrot, celery, and garlic in oil until tender. Add meats; cook until brown. Add wine; cook until it evaporates. Add tomatoes and stock, lower heat, add cheesecloth with seasonings, partially cover, and simmer, stirring occasionally, for about 4 hours. Discard cheesecloth when done.



For healthy kitchen hacks, visit mensfitness.com.



Proper Bolognese is simmered for hours. When you think it's done, simmer it for another hour.





This page:

Jacket: MICHAEL KORS
Sweater: CLUB MONACO
Pants: BROOKS BROTHERS
Bag: GAP
Belt: NAUTICA
Boots: TIMBERLAND
Watch: SCUDERIA

Opposite page:

Boots: TO BOOT NEW YORK

Camel cool

THE SLEEK URBAN RENAISSANCE OF A
DUSTY OUTERWEAR STALWART: THE CAMEL COAT

BY JOHN MATHER PHOTOGRAPHS BY GREG BROOM



CAN'T-GO-WRONG COMFORT

For a fall weekend adventure, this new bomber from Michael Kors (opposite page)—combined with warm layers and chocolate accessories to create that effortless, monochromatic look—takes classic streetwear and, thanks to camel, adds a smart, polished edge.



OPPOSITES ATTRACT

Sure, you could take that relaxed tee-and-denim getup and simply throw on your standard black or gray coat. Or you could add a new level of ruggedness and refinement with this sharp topcoat from Vince Camuto (opposite page). For casual dudes, it's a formal upgrade. For formal gentlemen, it's casual, knockabout cool.

This page:
Watch: LUMINOX

Opposite page:
Coat: VINCE CAMUTO
Denim Jacket and
Jeans: LEE
T-shirt: JOE FRESH
Bag: COCKPIT
Belt: BUFFALO DAVID
BITTON
Boots: TIMBERLAND
Watch: JORG GRAY







BUSINESS TIME

Let's face it: It doesn't hurt to have your boss compliment you on your taste every once in a while. So combine a good suit and a V-neck sweater—which, for the record, is officially the "new three-piece suit"—with this Tallia Orange overcoat (opposite page) and you're guaranteed to project the perfect amount of businesslike professionalism with just the right amount of flash.



WHEN WEARING
CAMEL, IT'S ALWAYS
BEST TO OFFSET
THE LOOK OF A
MATTE FABRIC WITH
THE SHEEN OF
POLISHED LEATHER.

This page:
Coat and Suit: TALLIA
ORANGE
Shirt: NORDSTROM
Bag: ERNEST ALEXANDER
Shoes: FLORSHEIM
Watch: GUCCI

Opposite page:
Bag: COLE HAAN



His body,



Is Bulletproof
Coffee creator
Dave Asprey—
the world's
most famous
“biohacker”—
leading a mass
health revolution
based on self-
experimentation,
or is he simply
endangering
himself, one health
risk at a time?
Welcome to
his inner sanctum.

By Reeves Wiedeman
Photographs by
José Mandojana



his laboratory

Dave Asprey and his personal
recovery cryotherapy chamber,
in his house outside
Victoria, British Columbia

On an early April morning, Dave Asprey wakes up in Los Angeles



Bulletproof Coffee founder Dave Asprey spent seven years developing his proprietary buttered coffee drink, and he proudly states he has the "most expensive pee on the planet."

and begins his daily routine.

First, he removes his Zeo, a small biometric headband that monitors his sleep and tells him that, over the past 774 nights, he's slept an average of 5 hours and 58 minutes. He then opens one of three Ziploc bags filled with 30 pills each, a cocktail of yellow, amber, black, and white. "I don't know if I can tell you what all of these are from sight, but I could probably guess on 80% of them," Asprey says.

The pile well exceeds the daily recommendations for vitamins B12, K1, C, and D3, among others, not to mention a hit of L-tyrosine, an amino acid aimed at improving thyroid function, and several "smart drugs" with names like modafinil, Ciltep, and aniracetam, all of which, he claims, improve cognition. Asprey has gotten so used to downing this daily cocktail that he simply loads the whole thing into one hand and throws it back as if he were polishing off a large popcorn at the multiplex. "I remember my college days, when we did beer bongs," he says. "It's just like that."

Asprey is a high-functioning 42-year-old with no major health issues—unless you count as a mental illness the fact that he, probably the world's most famous "biohacker," has spent some \$300,000 in the last decade or so trying to hack his brain and body for peak performance. "I'm always running experiments," he says. Done taking the pills, he rips the top off a plastic vial of pyrroloquinoline quinone and squirts it into his mouth (something he does four times a day hoping it will boost mitochondrial function), then knocks back a teaspoon of sea salt "mined in Utah or the Himalayas from pollutant-free ancient seabeds." His breakfast is liquid, and took him seven years to perfect: 14 precisely measured ounces of coffee, to which he adds two tablespoons of butter and two of MCT oil, to create a concoction that looks something like a recently poured Guinness. All in all, he's proud to declare his output "some of the most expensive pee on the planet."

Depending on whom you ask, "biohacking" can mean anything from hooking up your brain to neurofeedback technology to "boost creativity" to engaging in mindful meditation to simply choosing to take the stairs instead of the elevator to burn more calories. "Bodybuilders are some of the best biohackers out there," says Asprey. "They manipulate themselves for a goal."

However, by far the most controversial part of the biohacking movement is in the category of nutrition, where a growing number of self-experimentalists are actively toying with diets many doctors would describe as extreme, if not downright dangerous. And it's here where Asprey is making not only his name but also his fortune.

Asprey is the man behind Bulletproof Coffee, a proprietary version of his daily breakfast drink, which has spawned something of a craze: This summer, he opened the first official Bulletproof Coffee shop, in Santa Monica, and he has plans for more. An executive at Twitter has lobbied to get Bulletproof served in the company canteen, and on *The Tonight Show*, actress Shailene Woodley told Jimmy Fallon that Asprey's coffee "will change your life!" As the drink gained in popularity, *Vogue Australia* asked, "Is Bulletproof Coffee the new green juice?" ("So far there are no scientific studies on the effects of drinking butter bombs for breakfast," the magazine concluded.)

Asprey also runs an annual Bulletproof Biohacking Conference, which, even at \$1,599 a pop, has routinely attracted hundreds of paying participants since its debut in 2013.

"Dave's a marketing genius," says fellow biohacker Steven Dean, who drinks Asprey's coffee concoction every morning. "But I genuinely believe he's interested in understanding the ways his body works." Others have been more critical, pointing out that often his recommendations are made on the basis of shaky science. But Asprey remains undeterred. "It's kind of a revolutionary act," he says of the human experimentation he and

other biohackers conduct outside the confines of the scientific establishment. "It's scary. If I'm in charge of my body, I might make a mistake. What if I do something wrong?"

"Everyone wants health. I want high performance."

Asprey's early routine on this particular day is in preparation for his address to 1,500 people at a raw vegan conference in Anaheim. Asprey, who's 6'4", with a graying but full swoop of hair, certainly looks to be in good shape even though he claims to do only about 15 minutes of concerted exercise—a high-intensity weightlifting routine comprising chest, leg, and overhead presses, plus a seated row and pulldown—every five to 10 days.

Among other attractions at today's gathering, there's a bar outfitted with a machine to serve shots of turmeric instead of Jägermeister, and a kiosk where convention-goers sit in chairs and have various nutrient combinations injected intravenously. A woman at the kiosk next to Asprey's hands me a small sample of a drink called "Elixir of the Lake" and tells me my mental state after drinking it will "mimic the feeling of falling in love." It tastes like pond water.

After his speech, Asprey spends nearly two hours signing copies of his book *The Bulletproof Diet*. By now he's turned his personal biohacking journey into a full line of DIY products: His kiosk sells coconut charcoal (\$19), orange iPhone screen covers to reduce blue-wave light from LED displays (\$20), and GABAwave (\$40), a supplement he says will improve focus. (His newest book, *Bulletproof: The Cookbook*, will be released in early December.) He's been so successful that, at the home he shares with his wife and two children in British Columbia, he's currently building a personal biohacking facility that will include not just some of the more traditional markers of healthy-living status—organic farm, yoga studio—but also an infrared sauna for LED therapy, a sensory-deprivation flotation tank, a cryotherapy chamber, and three neurofeedback machines.

When we sit down to talk, Asprey tells me he's just completed seven

Hack Away!

Six small, non-life-threatening, scientifically proven dietary biohacks that can make you a healthier person
by Adam Bible



Krill oil capsules, high in omega-3 fats, help your heart and brain.

GOAL SLEEP BETTER

BIOHACK: Have a tablespoon of raw organic honey before bed.

WHY: Your brain uses a lot of energy derived from sugar during sleep, so the glucose in a small amount of raw honey can help keep it functioning properly. Make it raw honey—the liver can process it into glucose more efficiently than conventional grocery store honey.

GOAL BRING DOWN YOUR CHOLESTEROL

BIOHACK: Eat more avocados.

WHY: After advising Americans to cut back on fat in the '70s, dietitians have now reversed their position, saying that fat may actually be preferable to carbohydrates. Avocados are packed with monounsaturated fat, which can decrease LDL (bad) cholesterol levels while increasing HDL (good) cholesterol, mitigating the risk of heart attack.

GOAL KEEP YOUR HEART HEALTHY

BIOHACK: Take a 350mg capsule of krill oil with dinner.

WHY: Filled with omega-3 fats EPA and DHA, krill oil can aid brain function, and has been shown to lessen the risk of heart disease by reducing levels of triglycerides (fats in the blood) and helping prevent the hardening of arteries.

GOAL ENHANCE YOUR VISION

BIOHACK: Get enough vitamin A, found in beef liver, kidney, and heart, and also veggies like sweet potatoes and kale.

WHY: Vitamin A from meat helps eyesight because it's converted into retinol, which helps produce proteins that allow humans to see in low light. Plants have carotenoids (like beta-carotene) that can turn into a form of vitamin A in the body, further supporting good vision.

GOAL LOWER YOUR BLOOD PRESSURE

BIOHACK: Add raw cacao powder or butter to smoothies (or coffee!).

WHY: We've long known the antioxidant-rich cacao bean, chocolate's main ingredient, can help heart function and reduce stroke risk. Now studies show it can lower blood pressure, too. Get raw cacao made to eat, not refined cocoa butter used to moisturize skin.

GOAL BOOST YOUR BRAIN WAVES

BIOHACK: Eat sunflower seeds.

WHY: Lecithin, a type of fat found in sunflower seeds, soy, and eggs, enhances mental sharpness and boosts brain performance. Essential for maintaining cell membrane function, lecithin can also be used to treat neurological disorders and dementias, as it increases acetylcholine (a neurotransmitter) in the brain.

days of using the feedback technology, which involves attaching electrodes to his scalp and performing a series of mental acrobatics, tasks, and what he calls "brain video games," which, he says, will "reteach his brain how to respond to different emotions" and think more positively, and ultimately boost performance. The process is draining, he says. "None of the things that change the brain feel very good." But the discomfort doesn't stop him. He compares himself to Olympic athletes who are "willing to do anything, even if it shortens their life by five years, to get a gold medal."

In other words: Asprey believes that an optimized life—not a longer life, or even a *healthier* life—is the only life worth living. "I don't care about health," he says. "Everyone wants health. I want high performance—which is an altered state that means I'm three standard deviations away from normal, in the positive direction."

Judging by the throngs of people lining up for his products and even just his signature, it's clear he's not alone in his quest.

"With smart drugs, I've tried pretty much anything."

Asprey began his career in Silicon Valley, where the stress of working as an executive at several cloud-computing companies wore on his body: He was tired, suffered constantly from "brain fog," and, at one point, weighed 300 pounds. He was so unhealthy he frequently ended work meetings early by saying, "I have to eat."

A low-calorie diet and a heavy exercise regimen—90 minutes a day, six days a week—failed to produce results. Other dieting fads he tried didn't work, either. So, desperate for answers, he decided to take the quantitative ethos of the tech world and turn it on himself. "That's when I started paying attention to little variables," he says. He compares the process to computer hacking, which involves "mapping out a system, then attempting to find one little hole to exploit."

Asprey got his blood examined, tested his bowel movements, and

had his saliva measured for hormone levels, which showed he had "less testosterone than my dad, and more estrogen than my mom." So he took testosterone—until he started getting acne and his hair began to fall out. His stress levels were high, too, he discovered, so he purchased an emWave, an iPod-size heart monitor that, he claims, allows users to consciously manipulate their heart rate.

It was a pricey endeavor. So he sold his shares in tech firm Exodus Communications for \$6 million and spent at least \$50,000 buying "every expensive probiotic on the planet." When he read about helminthic (worm-based) therapy—a cutting-edge and potentially legitimate treatment that may boost the immune system—instead of enrolling in a legit university study, he decided to try it himself: He had some porcine whipworm eggs shipped in from Thailand and swallowed them so they'd hatch in his gut. (It didn't work.) When he had trouble balancing during yoga, rather than work on his quads, he tested his mercury levels to see if they were throwing him off balance.

In terms of diet, Asprey tried practically everything, he says, eventually settling on a high-fat regimen that gets 70% of its calories from fat. (For the record: The Institute of Medicine recommends 20–35%.) According to him, the coffee that's the foundation of his diet offers enough of an energy boost to get him through an entire workday without eating again.

The theory behind it: Coffee is filled with beneficial antioxidants; so, instead of adding in milk—which can counteract its healthy effects—Asprey uses grass-fed, unsalted butter that's higher in omega-3 fatty acids than your average Land O'Lakes. Adding that saturated fat, plus two tablespoons of what he calls "Brain Octane Oil" (a type of medium-chain triglyceride oil derived from coconut oil) to boost energy and prevent cravings, results in a 400- to 500-calorie, zero-carb drink that acts as a meal in itself. Assuming you've curbed carbs elsewhere in your diet and the glycogen stores in your liver are low, Bulletproof supporters will tell you, the pure butter

HUMAN CLONING TANK



In the ultraquiet “sensory deprivation tank” Asprey keeps in his home, he can “reach a deeper state of meditation more quickly,” he says.

fat in the drink will kick-start ketosis, the body’s fat-burning process.

(While some nutritionists are on board with this, there have been no studies so far to support the weight-loss claims. But even more worrisome, say its critics, is the fact that, even if Bulletproof Coffee promoted weight loss, its high saturated fat content could raise cholesterol levels and raise your chances of developing heart disease.)

Of course, the coffee is on top of Asprey’s finely tuned cocktail of supplements and vitamins. “I change it daily,” he says. If he’s not sleeping well, for instance, he’ll pop an extra 100 milligrams of L-theanine, an amino acid that supposedly relieves stress. “When it comes to smart drugs, I’ve tried pretty much everything out there, including some, like, methylene blue”—another drug aimed at improving cognition—“that almost no one knows about, which may have some risks,” he says. In fact, when I later research methylene blue, I learn that it’s commonly used as an aquarium cleaner.

As for the supp-and-vitamin cocktail’s exact makeup, Asprey declines to give details, saying that the formula that works for him is something he’s arrived at after years of self-experimentation and won’t work for everyone. “I’m a 6’4” guy who sleeps this much, who has this kind of a strange life, who used to be obese,” he says. “The last thing I want is a 90-pound Asian grandmother taking my regimen.” But Asprey does admit that his cocktail contains one of the more controversial trends in biohacking: nootropics, or “smart drugs.”

One such drug, modafinil, has been called “the cocaine of the 21st century.” It’s been approved by the FDA for treating narcolepsy, but is

taken by Asprey and others who think it may boost cognitive performance in anyone. In fact, studies *have* found that modafinil helps the brain with problem solving, planning, and working memory—so much so that last year Duke University banned its use as an academic performance enhancer. But no studies have been done on modafinil’s long-term effects; and even less is known about the nootropic “stacks”—combinations of these drugs—that Asprey and others are experimenting with. “We don’t know how the different drugs might interact,” says Barbara Sahakian, DSc., a professor of neuropsychology at Cambridge. “And what we don’t know about the long-term usage is what worries me.”

When I describe his supplement cocktail to nutritionists, they wince. “I rarely suggest supplements at all, as there’s very little data to support supplemental micronutrients unless there’s a specific nutritional deficiency,” says Lydia Bazzano, M.D., Ph.D., director of Tulane University’s Center for Lifespan Epidemiology Research.

Asprey, however, isn’t just unfazed by the criticism—he seems to actually relish it for the opportunity it gives him to take shots at Western medicine. He proudly says he’s willing to take risks on things scientific research hasn’t yet proven. “Those guys say, ‘It’s impossible, therefore it didn’t happen,’ which is anti-science,” he says. Meanwhile, doctors and scientists have thumbed through the bibliography of his book and pointed out that many of the studies he cites to support his ideas are dubious at best. One, about the dangers of whole grains, is from the 1970s, and had only two subjects. Others

A top-down view of a modern living space. In the upper left, a potted plant with large green leaves sits in a white pot. To its right, on a black mat, are gym items: a black medicine ball with the number '12' and two black dumbbells with '20' on them. The background is a light-colored wooden floor. In the lower half, a small, shaggy white rug with black speckles is placed on the floor. On the rug lies a brown and white dog, a red KONG toy, a black turntable with a red record, and a red cylindrical object.

The modern man's guide to home



THE
BIG
MUSCLE
ISSUE

gyms

The ultimate in gear,
hacks, and design tips
for turning your dojo into
a fitness paradise

BY BILL BRADLEY
PHOTOGRAPHS BY LEVI BROWN

“Home gym.”

We know what that brings to mind: a dust-laden room with an ancient NordicTrack and some cheap plastic free weights scattered on the floor like beer cans in a frat house. And that's not far off. According to *Consumer Reports*, we spend billions of dollars on treadmills, StairMasters, and other equipment every year in the U.S., yet a third of us who have the stuff admit we don't use it anywhere near as much as we originally intended. ¶ Well, it turns out we're buying the wrong equipment, jamming it in the wrong room, and generally not treating the home gym with the care, intelligence, and respect it deserves. We know this because we rounded up some of the best trainers, sports psychologists, and high-end home designers in the business and wrung out of them every gear recommendation, design tweak, and MacGyver-esque hack they had, from the best lighting to the coolest stereo to the most die-for resistance gear. What we ended up with is, in a nutshell, everything you need to make your home gym the most (OK, second-most) popular room in your house.



HOW TO DESIGN THE PERFECT HOME GYM IN FIVE EASY STEPS

All the tricks you'll need to lay out your home gym for maximum usage, courtesy of:

■ Charlie Brown, Ph.D., sports psychologist and director of performance coaching service Get Your Head in the Game

■ Michele Kerulis, Ed.D., program director of sport and health psychology at Chicago's Adler University

■ Brad Sherman, a Manhattan-based designer who, until recently, had his office and gym cramped into his apartment



PICK THE BIGGEST ROOM YOU CAN FIND

■ “Cramped rooms will cramp your motivation,” says Sherman. So if your space is small, don't fill it with equipment. Even a 10-by-10 area can be effective if it's completely uncluttered. “In anything smaller than that, you'll have room to do only planks, pushups, and jump rope. “If you don't have open space, you can create it by making furniture choices: A dining table on castors can easily be pushed aside to clear space for a workout.”

But at all costs, avoid training in a room with shelves. “They look cluttered and distract you during your workout,” Brown says. “Stress is defined as an experience in which perceived demands are greater than perceived resources, and the outcome is important. Clutter triggers an increase in perceived demands—such as ‘I ought to clean that up,’ or ‘I should send that back’—which leads to stress. Uncluttered, organized space is much less likely to do that.”

Also, if you can, choose a room that has large windows and lots of sunlight. “Natural light energizes and stimulates a number of positive chemical changes in the brain that lift a person's mood and produce a greater sense of calm,” says Brown. “So if you can create a home gym that's a nice, pretty, bright place that you enjoy, you're going to have more energy and maximize what you accomplish in that area.”



PAINT IT BRIGHT WHITE

■ The next step toward making the space feel clean and clear: Give it a good scrub and a fresh coat of paint. Don't choose a warm color for your gym, Sherman says. “Warm-hued spaces are relaxing and can make you feel tired. You want a bright space that energizes you.”

So go for the shade of white that'll have the biggest impact on your mood and motivation: Benjamin Moore's Super White. “It's bright and energetic,” says Sherman, who recommends the eggshell finish for cleaning purposes. “It's not too glossy, and it's wipeable, which is ideal for a gym. A damp rag can take care of sweaty handprints.”

The white stuff.
Benjamin Moore's Super White is the ultimate home-gym color.



LIGHT IT RIGHT

■ “I don't necessarily love the way track lighting looks, but it's incredibly flexible,” says Sherman. “As your gym evolves—you add or take away equipment—you can change the position of the lighting, too. There are also a ton of light-head styles and light temperatures to choose from, and they're so easy to switch out.”

One good combo: WAC Lighting's Flood Beam Paloma Track Heads (\$234) with Philips Bright White LED bulbs. “LEDs consume less energy and don't give off as much heat as traditional incandescents,” Sherman says. If you're lightbulb shopping for a home gym, go for 2,700–3,000-kelvin bulbs, he advises.



ADD A FULL-LENGTH MIRROR

■ “It's not just for flexing and selfies,” Kerulis says. Gyms have them so you can monitor form and lower the risk of injury, so it's important to have one so you don't pull a hammy. And that's not all. “It can also motivate you when you see yourself making progress,” says Brown. “It gives that sense of feedback.”

The mirror should be large enough that you can see your entire body and hung prominently on a wall. Remember: Don't lean it. “Leaning it gives you a distorted view of the way you look,” says Sherman.



BRING IN A PORTABLE SOUND SYSTEM

■ We know that great tunes help energize (and distract) you during a workout. But you don't necessarily need Sonos: Instead, at just under two pounds and roughly the height of a 12-ounce beer bottle, the UE Megaboom (\$299) is without question the best remote speaker in the game.

With a Bluetooth range of 100 feet, it cranks out 90 decibels of 360-degree sound that can be moved all over the house, and you won't be tethered to a charger, either—the battery gets 20 hours on one charge.



Let there be LED. Philips Bright White bulb (\$15).



Not your average erg.

With its oar blades set in a chamber of whooshing water, the WaterRower (\$1,495) makes you feel like you're boat racing in your own house.

THE BEST EXERCISE MACHINES

House of cardio

If you're a rower, biker, or runner, these are the ultimate machines for you—pricey but absolutely worth it, says our very select group of personal trainers



THE ROWER

The WaterRower
\$1,495, waterrower.com

■ Yes, this is the wooden erg that *House of Cards*' Kevin Spacey thrashes away on in his basement when he's not scheming his way to the White House. It's also, as of this year, the first piece of workout gear ever sold by the gift shop of NYC's Museum of Modern Art. But here's the thing: The WaterRower, which was invented in the late '80s by a former U.S. national team rower, doesn't just look handsome in your house—it also delivers a helluva workout.

The rower's blades, housed in a chamber of real H₂O, mimic the effect of actual aquatic rowing. "I really like it for whole-body conditioning circuits," says Jason Riley, a Tampa-based sports performance coach. "The water makes it far more psychologically soothing than just watching a display. So you'll keep using it for that experience alone."



THE TREADMILL

Woodway Curve
\$5,950, woodway.com

■ If money were no object, and sun, mud, cars, rain—OK, the whole outdoors—terrified you, the Woodway Curve would be the only at-home treadmill you'd ever need. If not, you should get it anyway.

The Curve is self-powered, which means you make it move at your pace. "It'll kick your ass from the minute you step on it," says New York-based trainer Will Lanier. "It forces a runner into a position that's safer and more efficient. This simulates the road better than any motorized tread—the better your form is, the easier it is to get it moving. It's 100% hands-down the best thing since sliced bread and peanut butter."

It's also ultradurable. "You don't have to worry about it breaking," says Lanier. Compare it with cheaper (motorized) models, and it's an investment worth making.



THE BIKE

Schwinn A.C. Performance Plus
\$1,249, fitnessblowout.com

■ Riding this stationary bike is as close as it gets to pedaling outdoors.

"The A.C. is built for heavy use—meaning, sturdy as fuck," Lanier says. "You can't beat it for the price." And, bonus! "You don't have to plug it in—the [battery-powered] computer measures your miles, RPM, watt output—the whole gamut. So if you're a stats nerd like I am, you can use them to improve your ride performance. You can also clip into the pedals to simulate road-bike fun."

At just over four feet long, the A.C. is the most popular bike in boutique spin studios. "That means the best in the business have done the research for you," says Lanier. "Plus, it's easy to move and has a holder for a water bottle or a beer—hey, you can do whatever you want at home."



Three Killer Stationary Bike Workouts That Aren't Totally Monotonous

Straight from one of the world's top cycling trainers, Team BMC's Neal Henderson, comes this trio of pro-approved interval workouts that are guaranteed to cook your legs, get your heart rate soaring—and, frankly, not bore you to death.

1) The Tabata Takedown

■ Do 20 seconds of high-intensity pedaling ("an all-out sprint," says Henderson), then rest for 10 seconds; repeat for 10 reps—that's the first set. Rest three to five minutes—"so you've recuperated enough to put in the desired intensity"—then repeat for two more sets.

2) The Max-Heart Kick-Start

■ Instead of short bursts of speed, in this workout you'll cycle for two minutes at moderately high intensity, rest for three minutes, then repeat this for eight reps. "Your goal is to get up to near max heart rate by the end of each interval," Henderson says. "And it takes a good 60–90 seconds to elevate it to that level."

3) The Agony Invitational

■ This 36-minute "ladder workout" is perfect for the dude who loves pain: Go as fast and hard as you can and maintain for 15 minutes, then rest for three. Go full speed again for 10 minutes, rest for three. Finally, go for five minutes with whatever you have left in the tank. Good luck—it won't be much.

A PRIMER ON THE ONLY TRAINER YOU'LL EVER NEED: YOUR PHONE



Jane Fonda sure looked hot in those grainy old '80s VHS tapes. But those workouts have nothing on the ones you can find on a smartphone today, with top-notch instruction and an endless buffet of workout and gut-busting routines, all for a fraction of the cost of a gym. Here's how to pick the pocket trainer for you:



FOR THE BODY-WEIGHT GUY

You Are Your Own Gym
(\$2.99, for Android and iPhone)

■ As the name suggests, this app relies on nothing but you, which is great when you're doing it in a totally spare, white-walled gym in your home. It's stocked with more than 200 body-weight exercises that will challenge everyone from beginners to special-ops soldiers. Mark Lauren, the coach who walks you through every exercise, has trained 700-plus special-ops guys for combat. We're not saying this will prepare you for battle, but, with its deep roster of intervals, supersets, and ladder workouts, it'll whip your ass into shape in no time.

FOR THE GUY WHO NEEDS TO LOOSEN UP

Yoga Studio
(\$3.99, for iPhone)

■ There are plenty of reasons why you may not want to do yoga at a studio. Maybe it's too pricey. Maybe you're afraid you'll get shown up by a hot girl. Regardless, with this app you can squeeze yoga into your schedule—even if it's only a 10-minute class before work—whether you're a rank beginner or one of those annoying people who post headstand selfies on Instagram. The instruction's great (and, of course, you can rewind if a pose is confusing), and beginner essentials and classes geared toward creaky old runners are also available.

FOR THE GUY WHO'S READY TO THROW SOME PLATES AROUND HIS HOUSE

Fitness Buddy
(\$1.99, for iPhone, Android, and Windows Phone)

■ For less than a cup of coffee, Fitness Buddy is a formidably badass trainer for even the most hardcore lifters. Tapping into its more than 1,700 exercises, 1,000 instructional HD videos, and 4,000 photos, you'll never be confused about how exactly to do a dumbbell shoulder complex on an incline bench again. You can even add every workout you do to the app, so it doubles as a fitness tracker and workout log. Trust us: It's the perfect combination of secretary and weight-lifting savant.



Power to the pedals.

At a compact four feet long, the Schwinn A.C. Performance Plus (\$1,249) is the most convenient (and durable) at-home stationary bike.

THE BEST MUSCLE-BUILDING GEAR

Curate your weight room

The key to building a gym from scratch, says designer Brad Sherman, is to start small and keep it simple. Here's exactly what you need to buy, and exactly where to buy it.



Your lifeline.
The cheapest but arguably most effective tool in your gym kit: the humble jump rope.

AFFORDABLE EVERYDAY ESSENTIALS

Lifeline Jump Rope
\$20, lifelinefitness.com

■ If you can't afford fancy weights or machines, don't fret—a jump rope burns fat, builds endurance, strengthens leg muscles, and improves coordination. The Lifeline Fitness weighted speed rope holds all its weight in the rope itself, not the handles for smooth jumping, and trains you to increase your speed so tricks like double-unders come more easily.

Iron Woody Bands
\$75 for a starter package, ironwoodyfitness.com

■ Loop bands (as opposed to the tubing kind) are highly versatile. You can use them for resistance, assistance (like making pullups easier), prehab training, and stretching. Lightweight and malleable, bands can travel anywhere you go and fit easily into even the most cramped home gym space.

Rogue Fitness D-ball Medicine Ball
\$63 for a 12-pound ball, roguefitness.com

■ The medicine ball is timeless: Toss it against a wall or on a floor to build power, play catch with a partner to work your abs, or use it like a dumbbell. We like the hard-shell type that bounces well. Bonus: Roll your legs, chest, and back on it for a post-workout massage.

NEXT-STEP-UP RESISTANCE EQUIPMENT

TRX Home Suspension Trainer
\$200, trxtraining.com

■ The famed TRX is arguably the best all-around home trainer money can buy. With just two looped straps suspended from a door, you can do almost limitless functional exercises—plus strength moves and stretching—that'll work your entire body. And when you're done using it, you can just stuff it in a drawer.

Rubber Dumbbells
\$96 for a 40-pound pair of Rogue Rubber Hex dumbbells, roguefitness.com

■ The simple dumbbell offers a huge range of motion, a ton of exercise possibilities, and the option to train one side at a time to correct imbalances. The hexagonal 'bells won't roll away on you, and the rubber won't damage the floor. They're great for renegade rows and T-pushups, too.

LandMine Unit
\$225, sorinex.com

■ The best gear you've never heard of. A pivoting sleeve, the LandMine holds one end of a barbell in place while you lift the other like you're throwing a lever. Use it for squats, presses, rows, and a variety of other exercises. The arc the bar travels makes heavy training easy on your shoulders, lower back, and knees.

"YOU GOT YOUR BONUS? LET'S BUY SOME PLATES!"

Ivanko OMEZ Plates
\$532 for a full set, ivankobarbell.com

■ Nothing builds muscle like free weights. No, a set of iron isn't cheap, but it's an investment that will last you a lifetime and can evolve along with your needs and your workouts. Ivanko plates are among the most trusted brands (read: The plates weigh what they say), and the multi-openings allow for easy handling.

Rogue Bench
\$545, roguefitness.com

■ This bench has sturdy upholstery that won't tear if you rest a weight on it and six different incline options. It's even got wheels so you can move it out of view. But our favorite part is the lack of "pad gap": When you incline the back rest, there's no hole between it and the seat for your butt to slide through, making for better support.

Olympic Barbell
\$339 for the Naked Bar, sorinex.com

■ Flimsy barbells bend and won't fit some plates. But an Olympic bar offers years of heavy lifting and fits standard-size plates. Sorinex's Naked Bar has medium-light knurling to fortify your grip for Olympic lifts (like cleans) and powerlifts (like deadlifts), plus oiled bushings so the sleeves spin properly.



Star bar. Titan Fitness' Wall Mounted Pullup Bar (\$75).

You put your pullup bar in a doorframe. What are you, stupid?

Why wall-mounted pullup bars aren't just safer but also way more versatile

■ "The doorjamb ones are all pretty terrible," trainer Will Lanier says, laughing. He's referring to the most ubiquitous fitness equipment around: pullup bars. "The door models restrict the way you can use them, and even if you have the best door in the world, you could still fall off the wall." Instead, he recommends a "bitchin' wall-mounted bar you screw into the studs of your wall so you never have to worry about showing up on YouTube with an #epicfail hashtag." The bar he recommends most highly is Titan's wall-mounted version (\$75, titanfitness.com). "It's made of steel and comes away from the wall by almost three feet, so you can do not only pullups but also ab work. You can also get a set of gymnastics rings and do dips and ring pullups or strict to straight muscle-ups. The Titan has so many workout options, you'll definitely use it for more than just another thing to throw your dirty clothes on."



Play ball!

For throwing, catching, wielding as a free weight, or even using as a post-workout massage ball, the Rogue Fitness D-ball medicine ball (\$63) is the way to go. Another perk: You look damn manly hurling it.

BETTER THAN WHEY

A New Groundbreaking Clinical Study* On Protein Reveals That MHP's Probiotic-SR Is Superior To Whey For Building Lean Muscle Mass!

MHP's Probiotic-SR, the world's first combination protein supplement of its kind, is formulated to provide fast, medium and slow releasing proteins in one advanced formula. The combination of these precise muscle building proteins provide far greater anabolic and anti-catabolic benefits than any other single protein supplement.

7X Greater Anabolic Activity*

This recent landmark study confirms that consuming a blend of proteins as found in Probiotic-SR provides a fast releasing whey, medium releasing soy isolate and slow releasing casein, thereby supplying a prolonged delivery of amino acids to the muscles for 7x greater anabolic activity.* This combination increases the "anabolic window," making Probiotic-SR superior for consumption following resistance exercise versus whey protein alone.

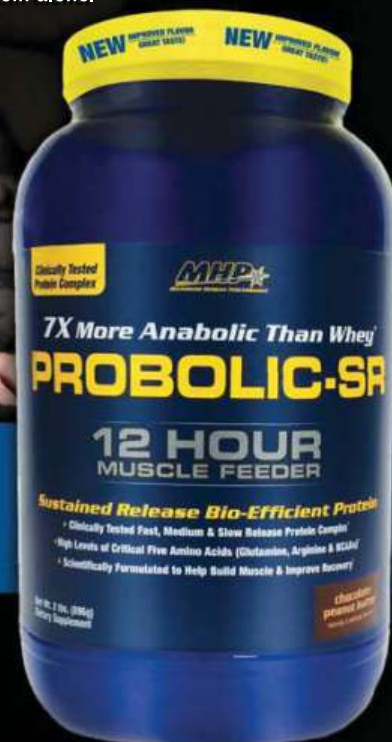
"PROBOLIC-SR is a great tasting protein that helps improve my performance and speeds recovery."

Chris Hogan
Buffalo Bills Wide Receiver

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*Soy-dairy protein blend and whey protein ingestion after resistance exercise increases amino acid transport and transporter expression in human skeletal muscle." Reidy, P.T. et al., Journal of Applied Physiology, April 3, 2014.
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Ask Men's Fitness



Is indoor rock climbing a good workout? And will it really prepare me to climb outdoors in the spring?

RYAN HAWKINS, DELAWARE, OH

"Indoor climbing is a great full-body workout for both strength and cardio," says 5.14 (extreme-grade) climber Seth Lytton of trainingbeta.com. "You'll work your shoulders—especially your delts—and build your bi's and tri's; plus, complex climbing movements use both the arms and legs, and that triggers your core." Hitting an indoor wall is also the best way to get ready to climb outdoors, Lytton says. If that's your goal, he suggests following these three steps:

1) Build a climber's body

■ Hit the wall at least two or three days a week, Lytton advises, and have a goal each time, like climbing more routes or tougher grades—the cardio will pay off outside.

2) Find a mentor

■ "Don't just let your buddy who's been climbing for a year take you out and show you the ropes," says Lytton (pun intended). "Climb with someone who's been doing it for a long time, so you learn good habits."

3) Learn the tech

■ Practice essential climbing skills, like belaying (securing a rope), tying into a rope, and checking your partner's knot. Most gyms offer classes for learners. When spring comes, you'll be ready to get the f*&k out.

Indoor rock climbing is a perfect full-body workout. And who couldn't use a few *Spider-Man* moves in his repertoire?

Shorts:
FJALLRAVEN
Shoes: SCARPA
Chalk bag:
EVOLV
Rock rings:
METOLIUS
Want it?
See page 127.

I'd love to have a dog I could run with—is there a certain kind I should get? Also, I live in a small apartment. Is that a problem?

JOSEPH W., NEW YORK, NY

Well, your first question has a two-part answer: You need a dog that's physically suited to running and is good off the leash, says trainer Nikki Moustaki, author of *The Bird Market of Paris: A Memoir*. ¶ “A larger dog that's more in proportion with your size may be able to keep up better,” she explains. “Except for some high-energy types, like rat terriers, smaller dogs aren't usually good jogging partners.” As for breed, “I don't recommend brachycephalics—smush-faced dogs, like bulldogs and pugs—which can be athletic but aren't built for heavy exercise,” she says. A few she does suggest: retrievers, cattle dogs, and hunting breeds, like pointers. ¶ You'll also want a pooch that won't go crazy when unleashed. “Some breeds are notoriously bad off-leash—like greyhounds,” Moustaki says, “and others are better, like Australian shepherds, some retrievers, and poodles.” ¶ As for the apartment issue, don't worry, she says: “Most any dog will do well in a small space if he has enough to entertain him—toys, things to chew—and he's getting enough exercise.” How much is that? “If you can't feel his ribs, he's not getting enough.”



Release the hound!
A dog can be a great running pal if he's built to keep up and won't skip town when he's off the leash.

Which is healthier to order out—a burger or fried chicken?

JOEL F., TRENTON, NJ

■ We've all heard about limiting red meat intake, but in this case, a beef burger is usually better, says the Cleveland Clinic's Kristin Kirkpatrick, M.S., R.D. Both are high in fat and calories, but the

chicken loses for a few reasons. First off, “chicken is very often fried in trans fats, like partially hydrogenated oils,” Kirkpatrick says, rather than healthier oils like olive and coconut. “Trans fat makes food last longer and improves its mouth feel,” she explains, “but it's also so

dangerous health-wise that the FDA has decided to ban it starting in 2018. So if you do decide to go for the chicken, ask what it's fried in.” Next, there's the batter—usually made of nutrient- and fiber-poor white flour that can wreck blood sugar levels. Finally, there's what the batter is actually coating—the chicken's fatty, high-calorie skin. “So even if the burger's loaded with cheese and the bun is made of refined flour,” Kirkpatrick says, “it's still the better bet.” (For a list of the worst fast-food trans-fat offenders, go to mensfitness.com/badfat.)

It's Movember and my new 'stache is so puny. What can I do?

HARRY A., LOS ANGELES, CA

■ First, keep in mind you're not going to have Tom Selleck's mustache right off the bat. But if you want to keep it neat, ask your barber for a tutorial on how to maintain it. Losing even one hair can change the whole shape of a mustache. And you want to keep it clean above your lip. Once it's Wally the Walrus big, sure, let it grow over your mouth—chew it with your food—but till then, you don't want to look like a greaseball, so trim it to the top of your lip. To keep the lines right, the best thing to do is to ruffle it

up—comb it opposite the direction it grows—then comb it back down into shape and clip whatever hairs stick out with scissors. (Or get a mustache-trimming kit at the drugstore.) And if it's kind of puny? I don't have Miracle-Gro or anything like that—it is what it is. But you're doing it for Movember (“mustache November”)—people won't be looking at you expecting Don Juan. They'll be saying, “What a great guy, doing this for cancer awareness.”

Shorty Maniace is the proprietor of J.P. Kempt Barber & Social in San Francisco. Send your questions to askshorty@mensfitness.com.

SHORTY THE BARBER

ENLIGHTENED
ADVICE FROM
GROOMING EXPERT
SHORTY MANIACE



Dog: Gallery Stock; Burger: Claire Banolist





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Sex on the beach: It's not just a great drink, it's a great way to end up in a Florida jail.

My gf and I like to have sex in crazy places—in the back of a cab, on the beach in broad daylight...are we freaks? If not, any ideas on where to try next?

RANDY F., SAN DIEGO, CA

T That's a tough one, since, with the advent of Google Earth, having sex anywhere in public might get you arrested for indecent exposure, or at least publicly shamed. But if it's something you're keen on doing, my main advice is to make sure no children are around—a Florida couple were recently charged with child endangerment because they happened to have sex outside near where kids were playing. So no matter where you go, make sure it's child-free, like a cemetery, a nightclub bathroom, or maybe a retirement home.

¶ Also, make sure you're both dressed appropriately—a girlfriend of mine swears by long, flowy skirts for sex in a park, and I'd also add running shoes to that list. ¶ Finally, if you are caught in the act, have an excuse ready, like, "Sorry, officer, I thought she was on fire, and I was just trying to put her out." And if you're asked why on earth you thought it was OK to fornicate in public, just say you saw it on *Masters of Sex*.

you to be honest and tell her the sext was a mistake. I'm all for recycling, but even if your breakup was amicable, the fact that she's sexting you means she probably still has feelings for you. I know it's fun to get your ego stroked by an old flame, but the more evolved version of you would

come clean—if not about the sext, then at least about your feelings for her (or lack thereof).

Who knows, your integrity might make her want to sleep with you more!

+ Have a sex question? E-mail Jena at askjena@mensfitness.com.

SEX FILES

FRANK, FUNNY JENA FRIEDMAN ANSWERS YOUR MOST INTIMATE QUESTIONS—NO HOLDS BARRED

Nothing turns me on more than a woman who's completely naked except for high heels. Is there anything on the male end of things that I could wear—a certain type of underwear, jeans, grooming, anything—that would return the favor and turn her on, too?

LANCE T., EVANSTON, IL

■ Not really. Just tell her she's gorgeous—we're that easy.

But now that you've mentioned it, what type of underwear or grooming did you have in mind? If I understand the subtext correctly, it sounds like you want to sport a thong that showcases your freshly waxed balls, or perhaps wear the heels yourself?

Whatever kinky urges you have for experimenting aesthetically in the bedroom, I'd say go for it. After all, you only live once!

My girlfriend has been talking about getting breast implants, and I'm not sure how to respond. I mean, what guy would mind, right? But I also don't want her to think I don't love her the way she is, because if she decides not to get them...Do a guy a solid and tell me what to do?

BILL C., PHOENIX, AZ

■ I see the problem: If you say you like the idea of implants, then she decides not to get them, she'll be stuck dating a guy who said he wanted them—bummer.

I'm just giving you a hard time, but I am curious—do you really find implants more attractive than natural breasts? I know I'm not a guy, but to me nothing is sexier than confidence, and plastic surgery reads as just the opposite of that. So if she's talking about doing it, one could intuit that per-

haps she's feeling insecure, either with her body or your relationship. If you really love her, ask her why she wants them and assure her you love her just the way she is. If she still wants to do it, then by all means, support her, but I think your best bet is to make her feel secure in who she is now.

Now go talk to her before she decides to get a nose job, too.

I accidentally sexted my ex, and now she's sexting me back. We always had good sex, and the breakup was friendly. Should I admit it was a mistake or go ahead and sleep with her? She seems into it!

STEVE L., AUSTIN, TX

■ OK, I'm going to suspend my disbelief that you "accidentally" sexted her and respond to your question.

I think the cooler move would be for



From top: Nicole Bentley/Art and Commerce; Seth Olenick

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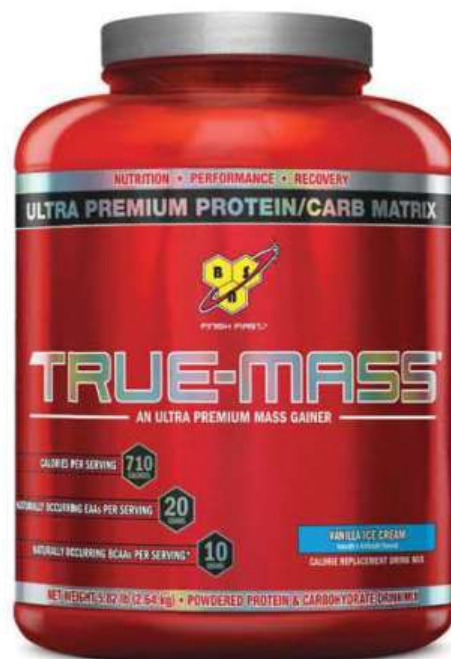


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Get on the Grid!

■ Want extra power, endurance, and energy? Then this month, consider yourself hooked up. Add a potent new fuel to your diet with delicious, nutrient-packed waffles—souped up with chicken, spinach, and even pineapple—in “Hot off the Press.” Learn how to nail the No. 1 strength-building move in any training arsenal, the deadlift, in “The One Lift You Must Master.” And discover the amazing shortcut to burning fat and boosting endurance in “Get Lean: The Soviet Miracle.” Time to power up!

Food styling by Heather Meldrom/Big Leo; Prop styling by Stephanie Hanes

Get ripped: the Soviet miracle

Add muscle, carve out your midsection, and build endurance by taking long, comfortable rests—and *not* feeling the burn. That's how the Soviets used to do it. By Pavel Tsatsouline Photographs by James Michelfelder

You're about to discover how to get an Olympic-caliber physique using an old Soviet training method that'll barely make you break a sweat, and may even feel easy—that's right, easy, as in "not very fatiguing." You'll be in no danger of throwing up in the gym bathroom or sending your heart rate into the stratosphere. Yet it'll help you get more ripped than ever before.

How It Works

Circuit training is typically brutal, running you through multiple exercises without rest until you cough up a lung—that's one way to burn fat. But the sports scientists of the former Soviet Union had a better one. It's all about muscle fibers.

Type I fibers are designed for low-intensity, long-duration work, like running.

Type II fibers are built for explosive strength activities, like lifting. The Soviets found that repeatedly working the Type II fibers to only mild fatigue, then letting them recover fully, caused them to take on more Type I characteristics. That is, their work capacity

improved. And better work capacity in your strongest muscle fibers means being able to perform more reps, run faster and farther, and complete workouts with more energy than ever—all of which increase your fat-burning potential.

Surprisingly, the road to that level of endurance is a fairly easy one: Stop your sets before you feel the burn, rest till you feel ready, and repeat. As a result, your circuit workouts won't be nauseating. In about six weeks, test your max reps on any of the exercises and you'll realize you've got the body of a Hummer—with the mpg of a Prius.

Directions

Alternate the two workouts (A and B) for three total sessions per week.

So you'll do Workout A twice in Week 1 and Workout B twice in Week 2. You'll perform the same exercises each session but with different intensities.

Perform the exercises as a circuit, doing one set for each move in turn and resting as needed between sets. (When you can talk comfortably, you're rested enough to go on.) Nevertheless, don't sit down—keep your rest active by walking around. Repeat the circuit for 20 to 30 minutes, stopping when you feel your form has begun to break down.

For more on how to build muscle with this routine, go to mensfitness.com/easyabs.



WORKOUT A

1 KETTLEBELL SWING

Reps: 10

Stand with feet between hip- and shoulder-width apart and hold a kettlebell (or dumbbell) with both hands. Bend your hips back so the weight swings between your legs and behind you—keep your lower back in its natural arch. Now explosively extend your hips and allow the momentum to help you raise the weight to eye level.

ATTITUDE ADJUSTER

Photo courtesy of Mike Weggie, Helicopter Sking

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2 PUSHUP

Reps: Do one-third your max reps.

Brace your abs so your body forms a straight line from head to toe. Lower your body until your chest is about an inch above the floor. Perform only one-third of the most reps you know you can do. So if your max pushups in one set are 30, do only 10.



3 SPRINT OR SQUAT

Reps: Run 100 feet/squat until you feel mild fatigue.

For the sprint, drive with your knees and pump your arms as you run. Land on the balls of your feet.

For the squat, stand with feet shoulder-width apart and your heels slightly elevated (e.g., you can stand on weight plates). Turn your toes out slightly. Bend your hips back and squat as low as you can without losing the arch in your lower back.

Avoiding excess fatigue builds endurance in your fast-twitch muscle fibers.



4 SUSPENDED ROW

Reps: Do one-third your max reps.

Attach a suspension trainer to a sturdy object overhead and lengthen the straps to about hip level. Grasp the handles and hang from them so your body forms a shallow angle to the floor. Keep your abs braced so your body forms a straight line. Pull yourself up until the handles are at your sides.



WORKOUT B

1 KETTLEBELL SWING

Reps: 20

2 PUSHUP

Reps: Do one-half your max reps.

3 SPRINT

Reps: 200 feet

4 SUSPENDED ROW

Reps: Do one-half your max reps.

All clothing:
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Want it?
See page 127.

Pavel Tsatsouline, a former Soviet special-forces instructor, is currently an adviser to U.S. military and law-enforcement units.
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Hot off the press

Waffles are good for more than just grab-and-go breakfasts and fat-ass brunches. With the right nutritious ingredients, these hearty squares can be delicious *and* healthy.

BY MATTHEW KADEY, R.D.
PHOTOGRAPHS BY JAMES RANSON

■ We know: When you think of waffles, you think of Eggos or greasy diner fare—not good nutrition that can help you hold on to your abs. **↑** But classifying waffles as just a cheat food or last-resort breakfast on the fly is plain unfair. The fact is, with your waffle maker you can prepare many nutrient-dense gourmet dishes that barely resemble the doughy disks you grew up eating. **↑** Try these recipes and you'll make waffles a cornerstone of your diet—yet still look so good, no one will be the wiser.

Wild West.
Griddle up these Tex-Mex waffles with some canned chili and ground chicken.



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A fitter pizza?

A 2013 study from the University of Helsinki reported that vitamin C found in both green peppers and pineapple can reduce exercise-induced asthma.



Hawaiian Pizza Waffles

MAKES: 4 SERVINGS
(8 WAFFLES)

INGREDIENTS

- 2 cups whole-wheat flour (or 1 cup whole-wheat and 1 cup all-purpose flour)
- 2 tsp baking powder
- 2 tsp dried oregano
- 1 tsp onion powder
- ½ tsp salt
- 2 large eggs
- 1½ cups milk
- ¼ cup olive oil
- ½ lb diced ham
- 1 cup shredded low-fat mozzarella cheese, plus more for topping
- 1 green bell pepper, diced
- 8 ½-inch-thick canned pineapple rounds
- 2 cups tomato sauce, warmed

DIRECTIONS

- 1) In a large bowl, stir together flour, baking powder, oregano, onion powder, and salt. In a separate bowl, whisk together eggs, milk, and oil. Add wet ingredients to dry ingredients and mix gently until everything is moist. Fold in ham, cheese, and green pepper.
- 2) Grease a waffle iron with cooking spray and heat. Ladle ½ cup batter for each waffle into the waffle iron and cook until golden brown and set, about 5 minutes. Keep waffles warm in a 200°F oven while you cook remaining batter.
- 3) Place pineapple rounds on waffle iron, close lid, and heat until tender and slightly charred, about 5 minutes. Serve each waffle topped with ¼ cup warm tomato sauce, a pineapple ring, and additional shredded cheese.

NUTRITION (PER SERVING)

667 calories, 31g protein, 76g carbs, 28g fat

Tex-Mex Chicken Chili Waffles

PAGE 112

MAKES: 4 SERVINGS
(8 WAFFLES)

INGREDIENTS

- ½ lb lean ground chicken
- 1¼ cups fine grind cornmeal
- 1 tsp baking powder
- 2 large eggs
- ¾ cup low-fat milk
- 2 tbsp olive oil
- 1 (15 oz) can premeade bean chili (we like Amy's)

- ¾ cup low-fat sour cream

- 1 tsp grated lime zest
- ¼ tsp chili powder
- 2 scallions, thinly sliced
- 1 cup grated low-fat cheddar cheese

DIRECTIONS

- 1) Grease a skillet with cooking spray and heat over medium heat. Add chicken and cook until no longer pink, about 5 minutes.
- 2) In a large bowl, whisk together cornmeal and baking powder,

In a separate bowl, whisk together eggs, milk, and oil. Add chicken and chili to the wet bowl, then add all wet ingredients to the dry bowl and combine.

- 3) Grease a waffle iron with cooking spray and heat according to the manufacturer's instructions. Ladle ½ cup batter for each waffle into the waffle iron and cook until golden brown and set, about 5 minutes. Keep waffles warm in a 200°F oven

while you cook remaining batter.

- 4) To make dressing, stir together sour cream, lime zest, and chili powder in a bowl. Serve waffles topped with sour cream dressing, scallions, and cheese.

NUTRITION (PER SERVING)

599 calories, 41g protein, 58g carbs, 24g fat

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Go green, get lean.
A Journal of the American Dietetic Association study found that eating more vegetables was key to whittling the waistlines of more than 800 subjects who successfully shed fat.



Smoked Fish Waffled Panini

MAKES: 2 SERVINGS

INGREDIENTS

- 2 oz soft goat cheese
- 1 tbsp prepared horseradish
- 1 tbsp fresh lemon juice
- 4 slices sourdough bread (preferably whole wheat)
- 3 oz smoked salmon
- ½ cup roasted red peppers
- ½ cup spinach or arugula

DIRECTIONS

- 1) In a small bowl, stir together goat cheese, horseradish, and lemon juice.
- 2) Spread an equal amount of goat cheese mixture on 2 slices of bread and top each with an equal amount of smoked salmon, red peppers, and spinach or arugula. Top with remaining bread slices.
- 3) Heat waffle iron and cook sandwiches in it until bread is crispy, about 5 minutes.

NUTRITION (PER SERVING)

516 calories, 29g protein, 75g carbs, 12g fat

Leftover waffles can be reheated in a waffle iron in just 30 seconds.

Sweet Potato Sausage Waffles

MAKES: 4 SERVINGS
(8 WAFFLES)

INGREDIENTS

- 1½ cups whole-wheat or spelt flour
- 1½ tsp baking powder
- ½ tsp baking soda
- 2 tsp garlic powder
- 2 large eggs
- ¾ cup low-fat milk
- 2 tbsp olive oil
- 1 (15 oz) can 100% sweet potato puree

- ½ cup grated Parmesan cheese
- ½ lb smoked sausage, chopped
- ½ cup dried cranberries

DIRECTIONS

- 1) In a large bowl, stir together flour, baking powder, baking soda, and garlic powder. In a separate bowl, whisk together eggs, milk, and oil. Add sweet potato and Parmesan and mix gently to combine. Add wet ingredients to dry ingredients and mix gently until everything

is moist. Fold in sausage and cranberries.

- 2) Grease a waffle iron with cooking spray and heat according to the manufacturer's instructions. Ladle ½ cup batter for each waffle into the waffle iron and cook until golden brown and set, about 5 minutes. Keep waffles warm in a 200°F oven while you cook remaining batter.

NUTRITION (PER SERVING)

609 calories, 27g protein, 60g carbs, 29g fat

Falafel Waffles with Tahini

MAKES: 3 SERVINGS
(6 WAFFLES)

INGREDIENTS

- 1 (15 oz) can chickpeas, drained and rinsed
- 1 large egg, lightly beaten
- ½ cup finely chopped red onion
- ¾ cup bread crumbs
- ½ cup finely chopped parsley
- 2 garlic cloves, minced
- 2 tbsp olive oil

- 1 tsp cumin powder
- ½ tsp salt
- ½ tsp baking powder
- ¾ cup low-fat plain Greek yogurt
- 2 tbsp tahini
- 1 tbsp fresh lemon juice

DIRECTIONS

- 1) In a large bowl, mash chickpeas with a fork. Stir in egg, onion, bread crumbs, parsley, garlic, oil, cumin, salt, and baking powder.
- 2) Grease a waffle iron with cooking spray and heat. Ladle ½ cup

batter for each waffle into the waffle iron and cook until golden brown and set, about 5 minutes. Keep waffles warm in a 200°F oven while you cook remaining batter.

- 3) In a bowl, stir together yogurt, tahini, and lemon juice. Serve waffles with sauce.

NUTRITION (PER SERVING)

500 calories, 21g protein, 60g carbs, 21g fat

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The one lift you must master

Work the deadlift to become big, strong, and athletic—and stay that way your entire life

By Tony Gentilcore, C.S.C.S.
Photographs by James Michelfelder

How It Works

■ To get better at anything, you need to practice it often. But because the deadlift works the body so hard, it isn't usually done more than once per week. This program, however, cycles the intensity, allowing you to train the deadlift in different rep ranges three days a week without wearing out your lower back or compromising your recovery. As your technique improves, so will your gains—and in four weeks, you won't look like "most people" anymore.

You'll look like a deadlifter.

Directions

Perform each workout (Day I, II, and III) once per week, resting at least a day between sessions. Exercises marked "A" and "B" are alternated, so you'll do one set of A, rest, then B, rest again, and repeat until all sets are complete for the pair. Week 1 of the program appears here; go to mensfitness.com/deadlift for instructions on the remaining three weeks.

■ Most people who lift weights never deadlift—and if they do, they rarely put in the time to become *strong* deadlifters. But if they do, a funny thing happens: They add muscle to places they've never seen develop before, such as their glutes, hamstrings, and traps. Their lower back gets stronger, too, reducing the risk of injury when they bend over to pick something up. They may also find they can run faster, hit golf balls farther, or even dunk a basketball for the first time. ¶ For these reasons, the deadlift is not only a cornerstone of CrossFit training but also possibly the best barbell exercise of all time—so it's high time you mastered it. This program aims to build your deadlift and, consequently, nearly every muscle in your body, in just four weeks.

Push and pull. Push the floor away from you until the bar passes your knees, then pull your back straight.



DAY I

1 DEADLIFT

Sets: As many as needed Reps: 10, then 6-8, 6-8, 6-8

Stand with feet hip-width apart and roll a barbell up to your shins. Bend down to grasp it outside your knees. Keeping your lower back in its natural arch, push through your heels and extend your hips until you're standing with the bar in front of your thighs. Perform several warmup sets, increasing the weight gradually until you reach the heaviest load you can handle for 10 reps. From there, use the same weight and perform three sets of six to eight reps with it.

Grooming by Matthew Tuzzoli/Artist by Timothy Priano using Oribe Hair Care

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2A GOBLET SQUAT

Sets: 5 Reps: 5

Hold a dumbbell (or kettlebell) by one of its bell ends under your chin with both hands. Stand with feet shoulder-width apart and turn your toes out a few degrees. Push your hips back and squat as low as you can without losing the arch in your lower back.

2B ONE-ARM DUMBBELL ROW

Sets: 4 Reps: 12-15
(each side)

Hold a dumbbell in one hand and rest the opposite arm and knee on a bench. Pull the weight up outside your hip and lower it until you feel a stretch in your lat. Note that there is one fewer set of rows than there is of the goblet squat.



3A ALTERNATING DUMBBELL PRESS

Sets: 3 Reps: 8-10
(each arm)

Lie back on a bench with a dumbbell in each hand at shoulder level. Press both weights over your chest and then lower one down to shoulder level. Press it back up, lower the other arm, and press.



3B SINGLE-LEG BANDED HIP THRUST

Sets: 3 Reps: 12-15
(each leg)

Sit on the floor and support your upper back against a bench. Loop an elastic exercise band under your right foot and around your thigh. Drive through your heel and extend your hips until your butt is parallel with the floor. Keep your abs braced so you don't arch your lower back. Hold the top position two seconds.



4A FACE-PULL

Sets: 3 Reps: 20

Attach a rope handle to the top pulley of a cable station and hold an end in each hand. Stand back from the machine far enough to feel a stretch on the back of your shoulders and pull the rope to your forehead.



4B PALLOF PRESS

Sets: 3 Reps: 8
(each side)

Attach a band to a sturdy object at chest level (or use a D-handle on a cable station). Hold the other end with both hands and step away from the attachment point, turning your body perpendicular to it to put tension on the band. Pull the band in front of your chest and then press it out with arms straight. Bend your arms and draw your hands back toward you, resisting the band from twisting your torso. That's one rep.

DAY 11

1 DEADLIFT

Sets: 8 Reps: 2

Perform the deadlift as described in Day I but use 50% of your max. (If you don't know your max, make a conservative estimate based on what you lifted for 10 reps in Day I.) Perform each rep as fast as possible but with crisp form. Rest 60 seconds between sets.

2A ▷ ROMANIAN DEADLIFT

Sets: 3 Reps: 6-8

Grasp the bar at shoulder width and take it out of a rack set to hip level. Hold the bar in front of your thighs, pulling it in toward your body—don't let it drift in front of you when you begin the movement. Bend your hips back and lower your torso, allowing your knees to bend as needed, until you feel a stretch in your hamstrings. Extend your hips to come back up.

2B PUSHUP

Sets: 3 Reps: As many as possible

Place your hands shoulder-width apart on the floor and extend your legs behind you. Brace your abs so your body forms a straight line from head to toe. Lower your body until your chest is about an inch above the floor, then come back up.



3A BATWING ROW

Sets: 4 Reps: 8-10 (each side)

Set an adjustable bench to a 45-degree angle and lie on it chest down with a dumbbell in each hand. Row one weight to your side and hold the position isometrically while you perform reps on the other side. Complete your reps and switch sides, holding the arm in the static position. Alternate the side you start on each set.

3B ▽ BULGARIAN SPLIT SQUAT

Sets: 3 Reps: 8 (each leg)

Hold a dumbbell in each hand (you may use lifting straps to support your grip) and rest the top of one foot on a bench behind you. The bench should be at lunge length so that, when you descend, your front knee doesn't travel in front of your toes. Keep your torso vertical and lower your body until your rear knee nearly touches the floor. Rest as needed between legs. Note that there is one fewer set of split squats than there is of the batwing row.

4 CHINUP

Sets: 5 Reps: 5, 4, 3, 2, 1

Perform five reps your first set, then four, and so on down to one. Take as little rest as you can to complete all the sets and record the time it takes to complete them. Try to beat that time during your next workout. If your body weight alone is too easy, add weight with a belt or hold a dumbbell between your feet.

Improving your deadlift builds muscle and athleticism.



DAY III

1A REVERSE-GRIP BENTOVER ROW

Sets: 3 Reps: 8

Load the bar on a rack and grasp it with hands shoulder-width apart and palms facing up. Take the bar off the rack and step back. Stand with feet shoulder-width apart and bend your hips back until your torso is almost parallel to the floor. Keep your lower back in its natural arch. Row the weight to your belly, squeezing your shoulder blades together at the top.



Lower-back and lat strength are crucial for safe, strong deadlifting.



1B △ BARBELL GLUTE BRIDGE

Sets: 3 Reps: 8

Sit on the floor and roll a barbell into your lap. (You may need to use a bar pad for comfort.) Lie back on the floor, bend your knees, and plant your feet on the floor. Brace your abs and drive through your heels to raise your hips off the floor to full extension.

2 DEADLIFT

Sets: 3 Reps: 5

Use 70% of your max.

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3A BENCH PRESS

Sets: 3 Reps: 5

Lie back on a bench and grasp the bar with hands just outside shoulder width. Arch your back and tighten your glutes and abs. Plant your feet firmly. Pull the bar out of the rack and lower it to your sternum. Push your feet into the floor as you press the bar back up.

3B ONE-ARM DUMBBELL ROW

Sets: 2 Reps: 15 (each side)

See Day I. Note that there is one fewer set of rows than there is of the bench press.

4A ▷ FARMER'S WALK

Sets: 3 Reps: 30-50 yards

Hold a heavy dumbbell in each hand and walk as quickly as you can. Keep your shoulders back and chest out.

4B GOBLET SQUAT

Sets: 3 Reps: 10

See Day I.

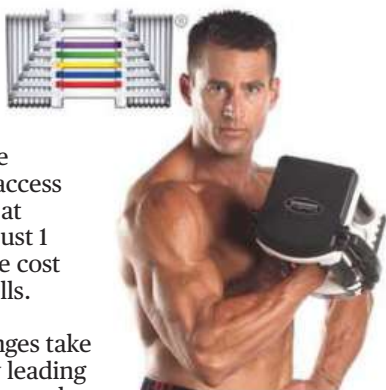


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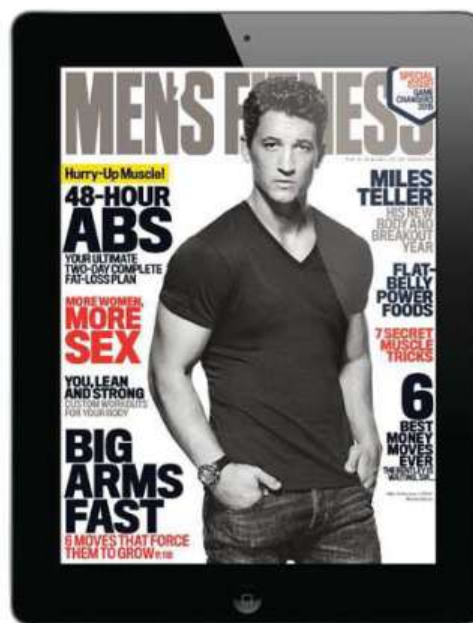


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MEN'S SHOWCASE

TIMING REST BETWEEN SETS



This magazine is filled with workouts and each one requires a specific "Rest Between Sets". The Gymboss Interval Timer was designed for this exact purpose and will provide any rest you desire between every set. It will also help you avoid interruptions and monitor your progress in the gym.

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were done only on rodents, another just on pigs. “Whether it’s a diet, a supplement, or any business, I’d hope people would think critically when something’s being sold to them,” says Lisa Dierks, R.D., nutrition manager for the Mayo Clinic’s Healthy Living Program. “It’s like buying a car. If you talk to one dealership, they’ll tell you theirs is best, then you walk down the street to a different dealership and hear the same thing. None of this is proven.”

Asprey’s quick to admit that his experimenting hasn’t come without cost. When he tried a no-carb diet popular with Eskimos, he suffered an extreme form of ketosis that often afflicts diabetics, and somehow developed a number of food allergies from which he’s still recovering. “That was a mistake,” he admits. Still, he says, the risk was worth it: “There are consequences down the road if you eat pizza and drink beer, but we already know those. So I’ll do what seems most likely to have the consequences I want—I may be wrong, but at least I tried.”

“The world’s largest human guinea pig.”

A few days after the raw vegan conference, I join a group of Asprey’s kindred spirits in the New York City offices of Noom, a weight-tracking app. It’s the monthly meeting of the local Quantified Self group, who gather to share their self-experiments on everything from blood sugar levels to sleep patterns to sexual habits.

Several biohacking celebrities are in the room, including a man known as Quantified Bob, who runs a website with the tagline: “Hack. Track. Analyze. Optimize. Rinse. Repeat.” He gets his blood, urine, and stool tested every couple of months and tells me he’s taking “a shitload of supplements right now”—40 to 50 pills a day. When I press him for any tips I can incorporate into my own diet, he advises upping my vitamin D, which, I tell him, is something any doctor would recommend to someone who spends too much time indoors. Then he mentions an antioxidant called coenzyme Q10 or COQ10, which early research has suggested can stave off the affects of Alzheimer’s. But I’m in my 20s, so I ask him if there’s anything else. He then suggests taking magnesium pills, which could help with sleeplessness—though he hedges, “I’m not saying they’ll work...” Still, he says, “you have to have the curiosity to uncover and understand what works for you.”

This is at least the fifth time I’ve heard a version of that statement—*You have to discover for yourself what works for you*—and I realize that Quantified Bob has touched on what is perhaps the most compelling allure of biohacking: the simple enjoyment that comes with experimentation. I confess that I felt it when I cruised around the Anaheim conference sampling turmeric shots and water mixed with blue-green algae; there’s something useful, and undeniably empowering, in feeling like you’re taking control of your own health. The sample doses I took were too small and benign to have any meaningful medical effect, but the psychological effect was palpable. The convention had the vibe of a tent revival: biohackers leaping out of their seats and cheering when Asprey delivered nutritional advice like, “Drizzle coconut oil on your sushi! That’s what being Bulletproof is all about!”

Even Asprey recognizes the possibility that at least some of biohacking’s benefits may result from the placebo effect—and doctors would agree. “Certainly when you take that many pills, the challenge is knowing how much of the benefit is in your head,” says Brent Bauer, M.D., director of the Mayo Clinic Complementary and Integrative Medicine Program. “About a third of us seem to be wired to respond to, ‘I took some control, I have some autonomy, I’m doing this special

thing that’s really gonna be good for my health.’ It doesn’t necessarily negate the potential value of what he’s doing, but you have to account for the placebo effect.”

And that isn’t the only possible upside to biohacking. At the Noom offices, I learn that biohackers are actively aggregating the community’s scattered assortment of individual experiments and attempting to turn them into something resembling scientifically significant mass research that could be applied more broadly. In effect, they’re trying to become the world’s largest human guinea pig. To help the effort, a company called Opt-e-scrip has developed a mail-order test kit that comes with placebos so people can test drugs on themselves and report back more reliable results. And biohackers have begun using crowdsourcing sites such as PatientsLikeMe to gather large groups willing to participate in trials on specific foods, supplements, and drugs.

In theory, the data produced by biohackers could be applied more widely, and perhaps even spawn more clinical research. “The promise for the future is learning much more about what works for individuals based on much richer data,” says Mark McClellan, M.D., Ph.D., director of the Health Care Innovation and Value Initiative at the Brookings Institution. “Putting together smaller populations of clinical studies and bigger data sets from places like PatientsLikeMe does offer a much richer way of tracking the effects of medication.”

So far, though, PatientsLikeMe has been more effective at debunking myths than revealing breakthroughs. Most notably, after a 2008 study from Italy suggested that lithium carbonate might help patients with ALS, several hundred PatientsLikeMe members with ALS ran the experiment on themselves and found that, overall, it had little effect.

“This isn’t a barista. This is a coffee hacker.”

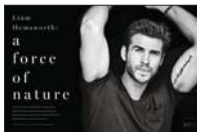
A day after the conference, Asprey sits in the Bulletproof Coffee shop he’s opening a few blocks from the beach in Santa Monica. He wears boots and jeans, a gray shirt, and orange-tinted glasses intended to block out (melatonin-inhibiting) blue-wave light. The shop is still under construction, and circular saws are buzzing as Asprey recounts the origin story of his most famous hack: In 2008, while hiking in Tibet, he drank tea with butter from milk from a yak, and suddenly felt rejuvenated. “The biohacker in me asked, ‘Why?’” he recalls.

Back home, he set about trying to re-create that feeling: He tested myriad coffees and teas, 25 different butters, and a variety of other oily additives including Jerusalem artichoke extract, a prebiotic fiber he stopped taking after gaining 10 pounds in a week.

At the coffee shop, Asprey looks up at the man behind the counter about to serve me my first Bulletproof Coffee (a large retails for \$5.75). “This isn’t a barista,” Asprey says of the employee, who looks a lot like a barista. “This is a coffee hacker.” The coffee, served in a wide-brimmed lab beaker, tastes like a really good latte, and I admit that the tablespoons of butter carried me for most of the day.

It needs to be noted, however, that Asprey’s coffee hasn’t made him entirely bulletproof: While sitting in the shop, he starts coughing and sneezing from what he says are paint fumes (which, oddly, aren’t affecting anyone else). I ask him if he thinks biohacking is for everyone, and he acknowledges it isn’t. He also admits it comes with a steep price tag. “But so does cardiac surgery. So does cancer. A dollar spent now is a dollar not given to your HMO later.”

And for anyone looking for a normal cup of joe for a few dollars less, there’s always a Starbucks just up the street. ■



kind of pioneered this world-ending genre. I also got to work with Jeff [Goldblum], and it was a lot of fun. It's that sort of moment, your first step on set, and you're looking at spaceships and things like that. I look back to when I was 6 or 7 years old and watching *Independence Day* on VHS, and now we're doing a second one—it's really crazy.

Is there one role so far that you're most proud of?

I recently did an episode on *The Muppets*! I could honestly say that that might be my favorite of all the jobs I've done. I want to go back and just shoot *The Muppets* the rest of my life. It was such a trip. It was just so funny to be staring at puppets and seriously talking to them. They don't break character during a take. Like, if they mess up a line, they'll just keep going in character. I'm not buying the fact that they're Muppets. I'm seriously talking to them like they're people. And the whole time I was really trying not to laugh, because it was just so hilarious.

I enjoyed your Instagram post announcing your dalliance with Miss Piggy.

Yeah, it's a great chance to show a different side of me. I'm really not a serious guy. I feel like I'm a pretty positive influence on a lot of people in my life, and I try to be healthy and try to help the world as much as I can. I'm a complete goofball—I'm not at all a cool guy. My brothers used to call me "Diplodocus," which is a large dinosaur. A large *slow-moving* dinosaur.

This summer you drew some negative attention when it looked like you got angry at a reporter on the Comic-Con red carpet for calling you by your brother Chris' name. What happened? I was not even the slightest bit angry about that! It's happened before, and it doesn't even make me mad. All I was saying was, "Did you call me Chris?" Because you even watch the clip online and it sounds like he says, "Hey, Chris," and he said, "Hey, I'm Chris." I wasn't angry. But

whatever site picked it up made such a big deal about it. That was really upsetting, because I really wasn't angry, and they made me seem like I'd blown up at this reporter, which I really hadn't. I just thought he'd called me Chris, which has happened before. I might have had a slightly angry look on my face, but that's just my face sometimes.

Is dating or even just trying to take someone on a date pretty difficult at this stage in your career?

Yeah, dating's really difficult. I'm constantly traveling, and I don't go out to clubs or anything like that. I have a great small group of friends in my life, but I barely ever meet anyone new. It's tough to have a relationship in this industry, though not to the point where it makes me depressed. I'm constantly working, and I love working. I don't feel like I'm missing out on anything at this point—I feel like I'm focusing on the right things and prioritizing things in the right way, and I'm a healthy, happy person.

During an interview earlier this year, you surprised your publicist by pulling out a guitar and being able to play it. Any other hidden talents we don't know about?

I do a lot of painting. That's how I spend a lot of my downtime, painting. I always loved art in high school; it's like doing meditation or something. You just let yourself go for a while and focus on the moment at hand, and you can stop worrying about everything in your life. I also think that the more you stare at different color combinations, the more it makes you think differently in the rest of your life. Like, if you're driving around and you see certain colors mixed together, you're like, "Ah, that's cool. Maybe I'll try that!"

I guess that's why people like doing acid.

I was about to say, "Maybe I'll do some acid next time, then see how the colors mix up!" ■

WHERE TO BUY

Stronger from the Ground Up

PAGES 36, 38: Rhone Sentry Short Sleeve T-shirt, \$68, rhonewear.com; Lululemon Athletica T.H.E. Short "Swim" shorts, \$78, lululemon.com; Puma Pulse XT Knit sneakers, \$75, amazon.com; Gray Cook Exercise Band, \$43, performbetter.com.

Cold Warrior

PAGE 50: Haspel Perkins sweater, \$455; Dauphine pants, \$225, haspel.com; The Frye Company Phillip Lace Up boots, \$318, thefryecompany.com.

Liam Hemsworth: a Force of Nature

PAGE 69: Nudie Jeans Pocket T-shirt, \$59, nudiejeans.com.

PAGE 71: Nudie Jeans Slub Overdyed Henley, \$89, nudiejeans.com; Nudie Jeans Lean Dean Dark Light jeans, \$260, available at Barneys New York.

PAGE 73: Michael Stars Space Dye Hooded pullover, \$198, michaelstars.com; Nudie Jeans Lean Dean Dark Light jeans, \$260, available at Barneys New York.

Camel Cool

PAGE 80: Michael Kors Melton Bomber jacket, \$595, available at Bloomingdale's and bloomingdales.com; Club Monaco Tuck-Stitch Alpaca Shawl sweater, \$319, available in Club Monaco stores and clubmonaco.com; Brooks Brothers Milano Fit 14-wale corduroys, \$108, available at Brooks Brothers stores and brooksbrothers.com; Gap bag, similar styles

available at gap.com; Nautica belt, similar styles available at nautica.com; Timberland West Haven 6-inch Waterproof boots, \$190, available at Timberland stores and timberland.com; CT Scuderia Salt Flat Racer 0-60 watch, \$1,495, available at select Nordstrom stores.

PAGE 81: To Boot New York Barkley boots, \$398, toboot.com.

PAGE 82: Luminox Atacama Field Day Date 1927, \$625, shop.luminox.com.

PAGE 83: Vince Camuto Camel topcoat, \$398, vincecamuto.com; Lee Jeans Denim Jacket, \$69; Regular Fit Straight Leg jeans, \$40, lee.com; Joe Fresh Slub Knit Crew Neck T-shirt, \$16, joefresh.com; Cockpit USA Distressed B-3 bag, \$310, cockpitusa.com; Buffalo David Bitton belt, similar styles available at buffalodavidbitton.com; Timberland Boot Company Wodehouse Chelsea boots, \$300, available at Timberland stores and timberland.com; Jorg Gray watch, JG5500-22, \$395, jorggray.com.

PAGE 84: Cole Haan Driggs Leather Messenger bag, \$498, available at Cole Haan stores and colean.com.

PAGE 85: Tallia Orange Camel Outerwear coat, TGU0041, \$298, available at Lord and Taylor; Tallia Orange Separate coat, TAW0011, \$240; Separate pants, WQ0001, \$120, available at Belk's; Nordstrom SmartCare Wrinkle Resistant Pinpoint shirt, \$55; available at select Nordstrom stores and nordstrom.com; The Tie Bar Melange Twist

Solid tie, \$19, thetiebar.com; Ernest Alexander Renzo Leather brief, \$1,095, ernestalexander.com; Florsheim Imperial Classico Monk shoes, \$190, florsheim.com; Gucci G-Timeless watch, \$980, available at Gucci stores and gucci.com.

The Modern Man's Guide to Home Gyms

PAGE 92: TEAC TN-300 turntable, \$400, amazon.com.

PAGE 93: Helly Hansen VTR 9-inch shorts, \$50, hellyhansen.com; Asics GEL-Zaraca 4, sneakers, \$80, asicsamerica.com.

Ask Men's Fitness

PAGE 101: Fjällräven Abisko shorts, \$120, fjallraven.us; Scarpa Vapor V rock climbing shoes, \$159, scarpa.com; Evolv Roundtangular chalk bag, \$19, rockcreek.com; Metolius Rock Rings 3D trainer device, \$30 each, metoliusclimbing.com.

Get Lean: The Soviet Miracle

PAGES 108, 110: Adidas S1 vest, \$80; Supernova 7-inch shorts, \$45; Solar Boost sneakers, \$80, adidas.com.

Hot off the Press

PAGE 112: NordicWare Cast Aluminum Stovetop Belgium waffle iron, \$78, amazon.com.

The One Lift You Must Master

PAGES 118, 120-122: Puma ACTV PWR Shoulders T-shirt, \$60, The Puma Store; Rhone Apparel Bullitt 8-inch shorts, \$68, bloomingdales.com; Adidas Ultra Boost sneakers, \$180, footlocker.com.

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WOD: 20 minutes, see how many verbs you can do with a sandbag. Press, curl, carry, row, pull, toss. Repeat till Christmas. November 30 / 7:05 p.m.

"No, honey, Ashley Madison was the name of that Adam Sandler sequel we went to see last summer." November 30 / 7:05 p.m.

Stuck in traffic/airport/train station during holiday week? Play me in #scrabble! I W-I-L-L-W-I-N November 29 / 9:49 p.m.

Tip: Eat all of your leftovers not on a plate, but in a wrap. November 27 / 12:34 p.m.

Why is there never a Black Friday deal for 60% off the weight I gained yesterday? November 27 / 12:02 p.m.

If you ever catch me shopping at 4 a.m., I will be making a post-bender decision between pepperoni and sausage. #blackfriday November 27 / 4:02 a.m.

Most Common Thanksgiving Injuries: 5) Football Groin Pull 4) Reflux 3) Fork Stab, Unintentional 2) Fork Stab, Intentional 1) Couch Sores November 26 / 9:39 p.m.

Power Rankings, Sides: 5) Peas 4) Creamed Corn 3) Stuffing 2) Mashed Potatoes 1) Gray-freaking-vee November 26 / 6:02 p.m.

Remember the true meaning of Thanksgiving: It's the one time you'll watch the Lions. November 26 / 12:34 p.m.

Truth: During a Turkey Trot, one should not trot. November 26 / 9:17 a.m.

If you do nothing else to contribute to today's masterpiece, peel the potatoes. November 26 / 7:14 a.m.

If you try to play a Jon Gruden drinking game during Monday Night Football, your insides will feel like a Spider 2Y Banana. November 23 / 10:37 p.m.



Is it wrong to want Scarlett Johansson to dress as Marilyn Monroe for HER birthday? November 22 / 9:41 p.m.

In all aspects of life, respect the offensive linemen—the ones who do the dirty work for the stars. November 18 / 12:17 a.m.

Taco fillings: Cabbage slaw > lettuce. November 15 / 1:01 p.m.

Your one-rep max is my I-don't-care. November 12 / 11:45 p.m.

Buy a soldier lunch. #veteransday November 11 / 11:49 a.m.

5-minute life-changer: Write a note to a favorite teacher. November 9 / 9:02 p.m.

2-minute life-changer: Redline it at the end of a race. November 9 / 9:01 p.m.

10-second life-changer: Buy the salt-and-pepper cashews. November 9 / 8:58 p.m.

Now that the World Series is over, I can come clean: I switched over to "Modern Family" during Game 2 and missed 2 innings. #HiSofia November 5 / 9:00 p.m.

Election Day 2015 means one more year of "SNL" sketches until Election Day 2016. November 3 / 10:01 a.m.

Fitness Challenge of the Month: Start with baseline set of pushups; add one every day. November 2 / 6:31 p.m.

Turn clock back: Extra hour of sleep. Lost hour of light. Endless stream of "fall back" jokes from a slew of ding-dong headline writers. November 1 / 2 a.m.

Did somebody say Ding Dong? #teamtinkles November 1 / 2 a.m.

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